

# NEWS & VIEWS **LEAD STORY**

## SVS SNCO selected for 12 OAY

Air Force officials have selected the service's top enlisted members, naming the 12 Outstanding Airmen of the Year for 2006.

Senior Master Sergeant Henry Parker III, 65th Services Squadron Superintendent, Lajes Air Base, Azores, the USAFE Senior NCO of the year, is one of the 12.

An Air Force selection board at the Air Force Personnel Center considered 33 nominees who represented major commands, direct reporting units, field operating agencies and air staff agencies. The board convened in May and selected the 12 based on superior leadership, job performance and personal achievements. All nominees are authorized to wear the Outstanding Airman of the Year ribbon, while the 12 winners will wear the bronze service star device on the ribbon. The winners will also wear the Outstanding Airman Badge for one year from the date of formal presentation.

"This is a GREAT honor for SMSgt Parker, his family and our Services family," said Art Myers, Services Director. "He will be the first to tell you that he did not achieve this honor on his own. A key ingredient was the outstanding support provided by his family and the many sacrifices they make as a military family.

His many co-workers, supervisors, etc., were also key to his achieving this award. SMSgt Parker is a role model for all of us and sets the standard for all to emulate. Please join me in congratulating him and his family on this outstanding achievement.

They make us all so VERY PROUD!"

The 12 Outstanding Airmen of the Year will be honored during the Air Force Association Air and Space Conference and Technology Exposition in Washington, D.C., in September.

They will also serve as members of the AFA's enlisted advisory council for the next year.



Senior Master Sgt. Henry Parker III



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## FROM THE AGENCY

# Air Force Clubs can help provide scholarship money for college

By Jimmy Johnson  
Air Force Services Agency

Air Force Clubs knows it takes more than ambition, good grades and great numbers on the Scholastic Assessment Test to get into college these days.

That's why for the past several years, Clubs have been giving away money in its annual scholarship program.

"This will be our tenth year," said Alex Cruz, Clubs' Corporate Promotions manager, Air Force Services Agency. "We provide \$25,000 in scholarships that is sponsored in part by Chase Bank."

According to Mr. Cruz, the scholarship program is a great benefit for Air Force Club members.

This is an exclusive club member program," he said, "only club members and their family members are eligible. This includes the member's spouse, son, daughter, stepson and stepdaughter. Grandchildren are also eligible, if they are dependents of the club member."

Applicants for the scholarships must have been accepted by or are enrolled in an accredited college or university for the fall term as well as part or full-time students.

Student enrollment status may involve either undergraduate or graduate curriculum.

In addition, applicants must provide a copy of their college or university acceptance letter.

Mr. Cruz said the scholarship program was started not only as a direct result of the raising costs of higher education, but as way to let club members know Air Force clubs are there for more than just eating and having a good time.

"We want to help club members with the costs of higher education," said Mr. Cruz.

"This is a way for the clubs to reward the current members."

Awarding of scholarship money is based on a written essay. Air Force Clubs Division selected "Proud to be an American" as this year's topic, and each entrant is required to submit an essay of no more than 500 words. This requirement is strictly enforced. Essays exceeding 500 words (excluding title) are disqualified.

Essays must be single-spaced, with double-spacing between paragraphs, on white bond paper and with one-inch top and bottom margins and one and one-quarter inch left and right margins. Essays must be submitted on CD ROM or floppy disk with one hard copy. Essays were submitted to the base Services commander/division chief by July 14. Final scholarship awards for the upcoming school year are announced each October. Six individuals receive a combined total of \$25,000.

Sarah Schwarting, a 2005 scholarship recipient from RAF Alconbury, United Kingdom, said that winning one of the scholarships "means a great deal to me, and will definitely be helpful in the upcoming semester."



# NAF-T Report: Benefits of COTS automation, part two

By HQAFSVA/SVT Staff  
San Antonio, Texas

Implementing the Air Force Services Financial Management System provides Air Force Services a commercial off-the-shelf capability to automate nonappropriated fund accounting and payroll.

It benefits our activities by using the Internet to transfer data electronically, improving data accuracy and timeliness. Daily financial data transmitted and processed at the Shared Service Center will be ready for on-line review 24-hours later, rather than 10 to 20 days after the end of the month. Since financial data is available on-line, activity managers and Resource Management Flights can review their data daily and address any errors as they arise rather than waiting till the end of the month.



## Accounts payable:

COTS automation improves payment scheduling and allows us to match invoices, receiving reports and purchase orders, according to business rules incorporated into the system, to create a payment batch. The batch is then scheduled for payment and routed within AFSFMS

for approval. This process shortens approval time, allowing activity managers and RMFs to see their vendor payments in a timelier manner. COTS automation automatically credits and debits general ledger accounts to provide activity managers with timely transactions information. Since the Internet Based Procurement System is interfaced with AFSFMS to provide both purchasing and receiving documents, activity managers and RMFs should notice a decrease in lost or misfiled documents.

## Accounts receivable:

Manual data entry done by activity managers is reduced through COTS automation. Using an electronic version of the NAF Consolidated Cost Center Report our revenue capturing is improved with daily automatic processing and simplified cash reconciliation procedures.

## Credits and collections:

Integrating the Re-presentment Check and Treasury Offset Programs permits us to handle larger amounts of data and improves the integrity of our debt collection database. We also collect on debt using the Military Pay Order for recourse accounts of eligible AF active duty military personnel. Using RCK, TOP and MPO reduces collection time efficiently returns owed monies to the activities. AFSFMS on-line approval for write-offs allows outstanding debt to come off base accounts sooner.

## General ledger:

Currently, transactions updating the general ledger come from

various sources (e.g., workers compensation, payroll, journal vouchers) and are generally compiled on spreadsheets or other forms. By using AFSFMS, most transactions will process automatically, using automated forms or interfaces. Specific account data is available on-line when an activity manager wants to analyze transactions. Accounts can be quickly sorted and summarized creating a tailored output for the end-user. Also, the new General Ledger Adjustment Form performs several functions (adjustments, fund transfers, journal vouchers and cash transfers). This reduces the number of forms activity managers and RMF personnel must use and reduces errors and the time required to manually re-enter data into the accounting system.

## Payroll:

The COTS payroll application supports data input for all NAF employee types (e.g. portability, foreign and seasonal). The Defense Civilian Personnel Data System interface to AFSFMS provides NAF employee data to the SSC. This eliminates duplicate input by the NAF AO, saves time and improves data accuracy. In addition, COTS provides a secure self-service feature that enables employees to make changes on-line (i.e. W-2, address, bank changes).

## Summary:

COTS automation benefits all Services activities by providing on-line access to financial data to support decision-making. The next NAF-T Report will discuss AFSFMS electronic interfaces.



# Services names LeMay, Eubank winners

Each year, the Air Force recognizes the best overall Services units with the award of the Gen. Curtis E. LeMay and the Maj. Gen. Eugene L. Eubank trophies. The LeMay trophy recognizes the best units in the large base category, bases with 6,000 or more military and civilian personnel assigned. The Eubank trophy recognizes the best units in the small base category, bases with fewer than 6,000 assigned.

Additionally, the trophies also recognize excellence in 19 individual categories and 21 Services program areas through the Services award program. These individuals and program awards recognize those demonstrating the best leadership, management, customer focus and operational results during the past year.

The following are the Air Force Services awards winners for 2006:

The LeMay Trophy is awarded to Tinker Air Force Base, Okla.

The Eubank Trophy is awarded to Andersen Air Force Base, Guam

## Individual awards

The Gen. Michael P.C. Carns award goes to Lester B. Coalson, deputy director of Services, Air Education and Training Command, Randolph AFB, Texas

The Lt. Gen. Norm Lezy award goes to Barbara Wrinkle, chief, Libraries Branch, Air Force Services Agency headquarters, San Antonio, Texas

The Dr. Beverly L. Schmalzreid award goes to Chief Master Sgt. Dan Barber, family liaison officer, security forces superintendent, 89<sup>th</sup> Security Forces Squadron, Andrews AFB, Md.

Air Reserve Command Airman: Senior Airman Elisha M. Olivas, food service team member, 302<sup>nd</sup> Services Flight, Peterson AFB, Colo.

ARC Company Grade Officer: Capt. John D. Upthegrove, deputy director, Services, 72<sup>nd</sup> Services Division, Tinker AFB, Okla.

ARC Field Grade Officer: Lt. Col. Jeffrey A. Yingling, IMA to Services commander, 99<sup>th</sup> SVS, Nellis AFB, Nev.

ARC Noncommissioned Officer: Tech. Sgt. Barbara A. Brown, Services craftsman (NCOIC of fitness), 315<sup>th</sup> Services Flight, Charleston AFB, S.C.

ARC Senior NCO: Senior Master Sgt. Cindy R. George, IMA to superintendent, SVD, 75<sup>th</sup> SVD, Hill AFB, Utah

Civilian Flight Chief: Christopher K. Skully, chief, community support flight, 39<sup>th</sup> SDS, Incirlik Air Base, Turkey

Civilian Manager: Diana B. Lawson, director, youth center, 366<sup>th</sup> SVS, Mountain Home AFB, Idaho

Civilian Specialist: Jim L. Hernandez, recreation specialist, outdoor recreation, 16<sup>th</sup> SVS, Hurlburt Field, Fla.

Civilian Technician: Hyo In Kim, cook leader, 51<sup>st</sup> SVS, Osan AB, Korea

Company Grade Officer: Capt. Joseph A. Ericson, commander, Combat Support Flight, 62<sup>nd</sup> SVS, McChord AFB, Wash.

Field Grade Officer: Lt. Col. Michael H. Platt, commander 39<sup>th</sup> SVS, Incirlik AF, Turkey

Airman: Senior Airman John J. Hitchens, fitness specialist, 375<sup>th</sup> Services Squadron, Scott AFB, Ill.

Noncommissioned Officer: Tech. Sgt. Learie R. Gaitan, NCOIC, plans and readiness, 435<sup>th</sup> SVS, Ramstein AB, Germany

Senior Civilian Manager: Roger A. Davis, deputy chief of Services, 62<sup>nd</sup> SVS, McChord AFB, Wash.

Senior Civilian Manager: Alice B. Fields, lodging manager, 52<sup>nd</sup> SVS, Spangdahlem AB, Germany

Senior Noncommissioned Officer: Master Sgt. Richard D. Stiles, Services superintendent, 90<sup>th</sup> SVS, F.E. Warren AFB, Wyo.

## Program awards

Arts and Crafts: 18<sup>th</sup> SVS, Kadena AB, Japan

Bowling: 18<sup>th</sup> SVS, Kadena AB, Japan

Child Development Center: 62<sup>nd</sup> SVS, McChord AFB, Wash.

Community Center: 8<sup>th</sup> SVS, Kunsan AB, Korea

Consolidated Collocated Club: 375<sup>th</sup> SVS, Scott AFB, Ill.

Enlisted Club: 12<sup>th</sup> SVD, Randolph AFB, Texas

Family Child Care: 96<sup>th</sup> SVS, Eglin AFB, Fla.

Fitness and Sports: 8<sup>th</sup> SVS, Kunsan AB, Korea

Golf: 10<sup>th</sup> SVD, U.S. Air Force Academy, Colo.

George Washington Award for Protocol: 21<sup>st</sup> Space Wing, Peterson AFB, Colo.

Human Resource Office: 81<sup>st</sup> SVD, Keesler AFB, Miss.

Information, Ticket and Travel: 18<sup>th</sup> SVS, Kadena AB, Japan

Library: 314<sup>th</sup> SVS, Little Rock AFB, Ark.

Marketing: 374<sup>th</sup> SVD, Yokota AB, Japan

Officers Club: 374<sup>th</sup> SVD, Yokota AB, Japan

Outdoor Recreation: 10<sup>th</sup> SVD, U.S. Air Force Academy, Colo.

Readiness Program: 325<sup>th</sup> SVS, Tyndall AFB, Fla.

Resource Management Flight: 15<sup>th</sup> SVS, Hickam AFB, Hawaii

Specialized: Honor Guard, 56<sup>th</sup> SVS, Luke AFB, Ariz.

Training: 18<sup>th</sup> SVS, Kadena AB, Japan

Each individual category winner is authorized to wear the A.F. recognition ribbon or lapel pin for civilians. All winners will be recognized for their outstanding accomplishments during the Air Force Services worldwide conference June 11-14, in Keystone, Colo.

## ***Air Combat Command winners***

# **99th SVS wins LeMay**

**By Airman 1st Class Andrew Dumboski**  
**Nellis Air Force Base, Nev., Public Affairs**

The 99th Services Squadron at Nellis Air Force Base, Nev., was awarded the Air Combat Command General Curtis E. LeMay Services Award for the second time in two years.

The award was named in honor of General LeMay, who supported morale, wellness and recreation programs provided to Air Force members and their families.

"We are absolutely thrilled to have been selected for a second year in a row by ACC as being the best services squadron," said Lt. Col. Jeffrey Yingling, 99th Services commander.

The 99th SVS competed with large services squadrons from across ACC for the award. The award is divided into two categories: large bases which have more than 6,000 military and civilian personnel, and small bases, which have fewer than 6,000 personnel.

The evaluation process for the award is based on a visit by an evaluation team to

view the programs offered by the squadron and results from the Air Force Services Customer Feedback Survey.

Colonel Yingling highlighted some of the things that made the 99th SVS stand out.

"We continually invest in our customers' desires and needs, despite our austere funding environment in recent years. Nellis members can now enjoy a newly revamped library with new circulation desk, wireless internet in the Officers' Club Cyber Café, Satellite TV in our cardio rooms, as well as new furniture and bleachers and a child and parent cardio room at the Sports and Fitness Center."

The 99th SVS is the largest and busiest services squadron in ACC, with 44 programs offered and more than 850 total personnel.

The 99th SVS will now compete with nominees from other major commands for the Air Force LeMay Award.

"Our 820 military and civilian team members strive daily to make Nellis the premier services squadron in the Air Force," Colonel Yingling said.



### ***Mayor in the hat***

Mike Anderson, Fort Walton Beach, Fla., mayor, reads to children in a pre-kindergarten class at the Hurlburt Field Child Development Center recently. Mayor Anderson was invited to celebrate National Read Across America Day and in honor of Dr. Seuss' birthday. Photo by Staff Sgt. Mareshah Haynes

# SVS flight backbone of New Horizons

**By Staff Sgt. Beth Orlen**  
**New Horizons 2006 – Honduras Public Affairs**

The mission of New Horizons 2006 – Honduras is to train U.S. and Honduran military personnel on field conditions, build four schools and a maternity clinic, provide medical help and build upon the U.S.' existing relationship with Honduras.

That mission would fail without the support of the New Horizons Services Flight.

"Nothing can be accomplished without food and sleep," said Air Force Master Sgt. Frankie Mihelik, the New Horizons Food Operations NCO in charge.

But providing those creature comforts didn't come easy for the team of Air Force and Marine services personnel. When the initial team came in January, they had to start from scratch.

"There was nothing here when we got here – no tents, no cooking items, nothing. We literally just brought ourselves," said Air Force Master Sgt. Lindell Failor, New Horizons Services Flight NCO in charge. "The enormity of the task before us was daunting."

It took five days and the help of other New Horizons team members, but the Services Flight served the first hot meal. A day later the coffee was brewing.

Without all of the equipment they needed, the team had to improvise new methods of doing things, said Sergeant Mihelik, deployed from the Air National Guard's 178th Fighter Wing in Springfield, Ohio.

One inventive method they used was to take clean, metal garbage

cans and immersion heaters to heat the meals for the team members.

"When you're sopping wet all long day long, there is nothing like a hot meal to have a sense of things are getting better," said Sergeant Mihelik.

Once the food situation was taken care of, the lodging and continued morale of the Airmen, Marines, Sailors and Soldiers was imperative.

"Lodging went from 60 people in temporary lodging to moving 350 people into tents," said Sergeant Failor, deployed from the Air National Guard's 155th Air Refueling Wing in Lincoln, Neb.

"Then after people started eating and had a place to live, time off became important," said Sergeant Mihelik.

That's where Staff Sgt. Ty Capshaw, a member of the 940th Services Flight Beale Air Force Base, Calif., comes in. Sergeant Capshaw heads up the New Horizons Tactical Field Exchange and

Morale, Welfare and Recreation section of the Services Flight.

"The biggest thing you can do to bring up morale is to offer them as much to do ... when they're off ... as you can," she said.

Sergeant Capshaw's crew now offers everything from a place to grab a soda to tours to the Pico Bonito Rain Forest.

"There is much more to do and more to come," said Sergeant Failor.

The extra effort that Airman 1st Class Shawn Koutsouros, a 31st Combat Communications Squadron member on his first deployment from Tinker Air Force Base, Okla., has noticed.

"The extra food and a little diversion from the normal work day is good," he said.

It's that kind of praise that makes Sergeant Failor and his team want to go above and beyond.

"Services is never satisfied with what they are doing, they want to do more," he said.

## Live at the Trail's End

**Airman 1st Class Jay Beckerich performs with other members of his band, Wasted Innocence, recently at the Trail's End Club at F.E. Warren Air Force Base, Wyo., during a Mad Crew-sponsored event. The Faculty, a group also made up of Warren members, performed as well. Airman Beckerich is a member of the 90th Missile Security Forces Squadron. Photo by Senior Airman Lauren Hasinger**





# Wake up and smell the coffee at



The Rickenbacker Team waits to serve guests at the Westwind Lodging facility at Travis Air Force Base, Calif. Courtesy photos

By Julie Tinseth  
Air Force Services Agency

In January, guests at the Westward Inn at Travis Air Force Base, Calif., literally woke up to smell of fresh brewed coffee and the aroma of bacon, egg, and cheese breakfast burritos - thanks to the inclusion of a Rickenbacker's in the lobby of the new lodging facility.

Rickenbacker's, a contemporary espresso coffee quick service restaurant, is one of Air Force clubs fast-casual "Signature Brand" concepts. The Air Force Signature Brand initiative is an integral part of the overall Air Force plan to revitalize Air Force Clubs. Currently there are seven "fast-casual" restaurant concepts; each differs in appeal but all offer outstanding food and beverage programs, systems, and standards.

Rickenbacker's menu offers espresso-based beverages such as Cappuccino, Caffé Mocha and the popular Caramel Macchiato, in addition to various flavored coffees, teas, juices and fruit smoothies. The menu also offers food items selected because of their appeal toward the "grazing market" such as breakfast sandwiches and breakfast burritos, salads and sandwiches, bagels, pastries, and desserts.

Rickenbacker's is usually constructed as a retrofit of an existing or new space in a club, but because of its popular "grab and go" menu and versatile floor plan, it not only has become a new "standard" in future Air Force lodging facilities but also has made a transition into other venues, such as the mission support group command building at Shaw AFB, S.C.

The footprint (square footage) for a Rickenbacker's located in a lodging facility ranges in size from 120 to 850 square feet. Other joint ventures under design or construction are at McGuire AFB, N.J., Andrews AFB, Md., Hickam AFB, Hawaii, Langley AFB, Va., Kunsan Air Base, Korea, MacDill and Patrick AFBs, and Hurlburt Field, Fla.

Creating compatible partnerships between specific signature brands and other Services activities is part

of the long-term growth strategy of the overall Air Force plan to revitalize Air Force Clubs. Successful retail alliances are commonplace in the civilian sector. A good example is the Starbucks Coffee Co. licensing agreement with Marriott International Inc to open Starbucks stores, kiosk and carts in select Marriott Hotels, Resorts and Suites, Marriott Conference Centers and Renaissance Hotels across the United States and Canada.

Air Force customers can expect to see more successful joint ventures in the future, as Air Force Services leadership continues to find ways to meet the demands of increasingly value-conscious, convenience-driven consumers by creating new concepts, providing new services and honing restaurant offerings to meet customer's needs.



The first CONUS Air Force Lodging-Rickenbacker's alliance was unveiled recently at the Westwind Inn at Travis Air Force Base, Calif.





## Team Osan gets taste of home

Staff Sgt. Jason Balolong, 51st Civil Engineer Squadron, ordered his favorite dish, beef fajitas, while dining at Chili's recently. Photo by Staff Sgt. Andrea Knudson.

**By Staff Sgt. Andrea Knudson**  
**Osan Air Base, Korea, Public Affairs**

Air Force families assigned to Osan Air Base, Korea, can now get a taste of home when they go out to eat.

Chili's Restaurant is now serving up their famous dishes for Team Osan to enjoy — right in their own backyard.

The recent, long-anticipated grand opening of the well-known American eatery was much to the delight of Osan Airmen.

"Chili's was awesome!" said Senior Airman Melissa Harrington, chaplain assistant for the 51st Fighter Wing Chapel. "It was like being back in the States again."

Senior Airman Bree Konieczny from the 51st Mission Support Squadron said she couldn't agree more.

"I thought the food was 'delish,'" Airman Konieczny said. "The best salmon I've had in a long time! It will now be one of my many options here for dining out."

Chili's gift certificates were distributed to Airmen earlier in the week so they could enjoy the food and festivities before the grand opening.

The restaurant has been an American tradition since 1975, and

Osan's Chili's makes a total of three in Air Force Services behind Kadena Air Base, Japan, and Ramstein AB, Germany, said Maj. Todd Alcott, commander for the 51st Services Squadron.

"What (is) a common icon stateside is now a reality for Osan . . . thanks to all the hard working folks in the services squadron," the major said. "(They are responsible for ) bringing yet another popular dining destination to Osan. This endeavor will surpass our wildest dreams, and bring joy to the Korea military community for many years to come — services rocks!"

It may be fair to say also the new staff at Chili's rocks, too! According to Aubrey Urbanowicz, a seven-and-a-half-year-Chili's employee and corporate trainer, the bartenders, servers and managers are quickly adapting to the ins-and-outs of the fast-paced eatery.

"The staff is performing very well. They are picking up the computer system much faster than employees in our stateside locations," Miss Urbanowicz said. "Their work ethic is amazing. When we ask them to correct something they're doing wrong, it takes just that one time for them to correct it."

She, along with 23 other corporate trainers, is here for about three

weeks to train the staff. Osan's Chili's is Miss Urbanowicz's 20th training location and her first one overseas.

The signature "Chili pepper" appeared over the entrance shortly before Christmas, with the construction beginning in early 2005, Major Alcott said. He said our services investments in Osan's facilities are paying off.

"Many people wonder where their financial investments go when they purchase products from the Army and Air Force Exchange Service, and one of them is our new \$3.4 million Chili's Restaurant," Major Alcott said. "When a customer walks into our Chili's and makes a purchase, that investment will help build future facilities."

"Both the 51st SVS and AAFES have made huge corporate changes by listening to our customers, and as a result, we are producing name brands that people are familiar with in the commercial industry like Chili's," the major said.

Lorna Fermanis, manager for the officers' club, and responsible for the services part of the construction and assisting with food purchasing and personnel hiring, said, "There will be to-go services, (but) just like the states, no delivery services will be available."

# 374th Services Division wins another PACAF LeMay award

**By Capt. Ben Alumbaugh**  
Yokota Air Base, Japan, Public Affairs

The 374th Airlift Wing Services Division was awarded the best in Pacific Air Forces and will now go forward to compete for the 2006 Air Force LeMay Award for the best large services division.

"This award tells everyone involved with Services here at Yokota Air Base what people think of them," said Robyn Sleeth, 374th Services Division chief. "PACAF recognized us as the best of the best and this nomination for the LeMay Award means a lot to all of us in Services."

An Air Force awards team will make the final decision on who wins the 2006 LeMay Award as they tour the different major command winners.

Being the best in PACAF is just another notch in the proverbial belt for the 374th Services Division. For the 2005 year, the division has racked up an impressive array of awards at the PACAF and Air Force level.

"Without our customers this would not have been possible," said Mr. Sleeth. "Also, this is a total community award. If it wasn't for the support from the civil engineer squadron, logistics readiness squadron, and of course our senior leadership, we couldn't have earned this."

One of the reasons for winning the award was the ability to create new programs for the base. These included the "U" program, which

was PACAF's highest rated customer appreciation program, along with the "Single Airman and Family Moonlight Golf" program at the Par 3 golf course that provided Yokota with new entertainment and fun.

"We are going to be bigger and better next year," said Mr. Sleeth. "We have some really creative and enthusiastic people who are coming up with some seriously interesting ideas."

Services is hoping to add the LeMay Award to their already impressive list of awards for the past year. Yokota has the best Enlisted Club in the Air Force, along with being recognized by Pacific Stars and Stripes as the Readers' Choice award for the Kanto Lodge, the Officers' and Enlisted Clubs.

"We are not quitting here," said Senior Master Sgt. Freddy Estacion,

374th Services superintendent. "We are going to continue to press forward and let everyone know that we are the best Services organization in the Air Force. It's a team effort and with the support of our customers, we will continue to provide excellence. We live and breath the motto 'You asked, we listened, here it is.'"

The LeMay Award is special recognition for excellence in programming and service and was named in honor of General Curtis E. LeMay. The award's purpose is to encourage excellence in Services programs Air Force-wide.

Yokota has never won the LeMay Award since the award's inception. Kadena Air Base was last year's winner and has won the award multiple times along with Misawa Air Base.



## Mocha Man

Burke Milnes, Book Worm Coffeehouse manager, makes a cup of hot chocolate for a customer. The coffeehouse serves a variety of coffee, tea and other drinks, as well as pastries. It is open Monday through Thursday from 6:30 a.m. to 8 p.m., Friday from 6:30 a.m. to 5 p.m., and Saturday from 10 a.m. to 4 p.m. The coffee shop is located inside the entrance to the Randolph Air Force Base, Texas, library. Photo by Jennifer Valentin



Col. Bill Hyatt, 20th Fighter Wing commander, gives Senior Airman Christian Fogle, 79th Aircraft Maintenance Unit, a \$1,000 club credit on the flightline recently. Courtesy photo

## Shaw Club membership has its privileges

**By Kimberly Champagne**  
Shaw Air Force Base, S.C.,  
Public Affairs

A Shaw Air Force Base, S.C., Airman is \$1,000 richer after winning a club card credit recently in the Services club membership drive drawing.

The winner, Senior Airman Christian Fogle, an F-16 crew chief, with the 79th Aircraft Maintenance Unit, was given his

oversized credit card from the wing commander on the flightline.

"I was really surprised when I found out I won," said Airman Fogle.

"There were six current club member winners and six new club member winners per major command and Shaw happened to have one of the winners," said Pat Curan, 20th Services Squadron marketing

director. "Each won \$1,000."

"Anyone joining the club during the membership drive was eligible to win a club card credit," said Mr. Curan.

There are many benefits to being a club member such as discounts at more than 100 local stores, reduced rates on services at on-base facilities and receiving \$7 monthly in Services bucks

via the 'What's the Buzz' newsletter.

The cost for membership for enlisted members is \$9 monthly. For officers the cost is \$15 monthly.

The Services bucks can be used to offset the cost of membership.

"Become an active part of your local club and enjoy the benefits," said Mr. Curan.

## Pizza pool party makes an even happier birthday

**By Owen Roach**  
347<sup>th</sup> Services

Birthdays are special and happy occasions and the dining facility staff at Moody Air Force Base, Ga., took it a step further recently with a birthday meal pizza pool party.

"Our birthday meal is a quarterly event," said Master Sgt. Peter Harlan, dining facility manager. "It is Services' way of acknowledging our customers' special day."



From left, Airmen Ashley Hayes, Christy Holguin and Jenise Barnes enjoy pizza and soft drinks at Moody's recent birthday meal/pool party. Photo by 2<sup>nd</sup> Lt. Shanika Bailey

The pizza pool party was a welcome change, and "well-received by our guests that day," said Sergeant Harlan.

Moody's indoor pool staff thought it was a great idea, too, and chipped in to help the dining facility staff. Decorations were provided by the dining facility and unit first sergeants were on hand to sing "Happy Birthday."

All enjoyed a meal of pizza, hot wings, chips and, of course, birthday cake.



## Snapped around Services photo page



### Taco bar

Georgia Buynak, 5th Services Squadron at Minot Air Force Base, N.D., brings out more taco meat at the Jimmy Doolittle Center recently during an all-you-can-eat taco bar. Photo by Senior Airman Danny Monahan

### Gettin' into a jam

Autumn's End, 12 Ton Sledge and Talk to Sheep, heavy metal bands, played recently at the Airmen's Party at the Luke Air Force Base, Ariz., Desert Star Enlisted Club. Future all-ranks events at the enlisted club include a Texas Hold'em tournament and a Comedy Fest. Photo by Senior Airman Joseph Thompson



### Checkmates

Ray Smith (right) thinks about his next move against Roland Reeves at the recent Randolph Air Force Base, Texas, chess tournament at the enlisted club. Eighteen people vied for first place trophies. In the end, Mr. Smith took first place in the Division I Adult Category and Mr. Reeves took first place in the Division II Adult Category. Other first place finishers included Robert Pederen, Division III Adult Category; Tyler Goodall, Youth Ages 16-18; Justin Ulrich, Youth Ages 13-15; and Rob Gruber, Youth Ages 8-12. Photo by Steve White



# New schoolwork tutoring program debuts at S-J teen, youth centers

**By 1st Lt. Tammie Adams**  
**Seymour Johnson Air Force Base, N.C.,**  
**Public Affairs**

It's not uncommon for students to have trouble with schoolwork after transitioning to a different base, which is why a new tutoring program was recently established at Seymour Johnson Air Force Base, N.C.

Any student who is in kindergarten through 12th grade and a member of the base youth or teen center can receive tutoring on any subject Mondays during Power Hour.

"We want to make sure every child in our program is succeeding in school or improving their study habits," said Loretta Gaines, teen coordinator. "We want our youth to have all the tools to succeed in life, and without education and proper study habits this will be hard for our youth."

The main tutor for the program is Amy Schaefer, a teacher for the past four years and current Greenwood Middle School substitute teacher.

"While a substitute teacher here, I've been in contact with military parents whose kids were having trouble in certain areas," Mrs. Schaefer said. "A lot of schools teach at different levels or teach different curriculums, which causes children to get behind when they change bases due to PCS. With two daughters of my own, this is a matter close to my heart, so I wanted to start the program to help students in any way I can."

In addition to Mrs. Schaefer, several teens will be available to do peer tutoring.

"Peer tutoring is very effective," Mrs. Schaefer said. "There's a better success rate with a peer and a teacher helping a student than just a teacher."

According to Mrs. Schaefer, tutoring can be very beneficial to students.

"In my experience, I've seen tutoring give children confidence," she said. "A lot of kids move base to base and, in the process, get behind in subject areas or don't know anyone at their new school. A lot of times this causes their confidence level to suffer. With tutoring, they receive guidance, assurance, attention and one-on-one praise."

Helping their self esteem is the greatest motivator of all."

The program is free to anyone who belongs to the youth or teen center, which is \$20 a year to become a member.

"We hope to establish a long-term tutoring program that works in conjunction with the schools and is personalized to the students needs," Mrs. Schaefer said.

To volunteer as a tutor one must fill out a volunteer package at the youth center.

"We need volunteers daily in our programs - this is how we make our programs such a success," Mrs. Gaines said. "It's important to help our youth succeed in school and prepare them for high school and college."



## House hunters

A Pie Town productions crew films Senior Master Sgt. Greg Day and wife, Diane, at the Maxwell Air Force Base, Ala., library as they search the internet for homes for sale in the area. The filming is for the Home and Garden Television series "House Hunters." Photo by Tech. Sgt. Scott Moorman

# Art expression lets children express feelings on hurricanes



Above, Emily Guinn, 3, reaches for a marker to start coloring in her drawing from Hurricane Katrina at the Keesler Air Force Base, Miss., child development center recently. The children's drawings are displayed throughout the center as a means for them to express their feelings about the hurricane. Emily's father is Juan Guinn. Photos by Tech. Sgt. Larry Simmons



Top left, Brantly Shows, 4, and Damian Dixon, 3, draw pictures of devastation from Hurricane Katrina at the child development center recently. Brantly's father is Staff Sgt. Alexander Shows of the 85th Engineer Squadron and Damian's mother is Tech. Sgt. Carmaneta Dixon of the mission support squadron.

Left photo, Yvonte Larosier, 3, draws a picture of flying debris from Hurricane Katrina for Sandra Markland at the child development center recently. The children's drawings are displayed throughout the center as a means for them to express their feelings about the hurricane. Yvonte's mother is Staff Sgt. Lakeisha Larosier of the 81st Dental Squadron.



### Hope floats

The Frosty Sailor boat race at the Grand Forks Air Force Base, N.D., base pool recently brought base, community members and boats made of cardboard and duct tape together with entertaining results. (Left) The honor guard's battle ship "The Guardian" barely avoids colliding with the legal office's "U.S.S. Loophole." The Loophole placed first for best boat. Photos by Airman 1st Class Ashley Coomes

## SVS has two of the dirtiest jobs on Pope

Recently the Pope Air Force Base, N.C., Public Affairs office, copying the currently successful

television program, named the 10 "Dirtiest Jobs on Pope."

Surprisingly, two Services programs made the top 10. Here they are.



### No. 7: Auto Skills Center

This dirty job's dirt and grime aren't limited to the employees. In fact, often it's the customer who ends up with transmission fluid, oil or grease covering them from head to toe. The employees help Airmen with oil changes, brake jobs, rotating tires, changing the transmission fluid, changing the brakes, rebuilding engines or any number of vehicle repairs.



### No. 3: Child Development Center

Every CDC teacher deals with four to 12 times the mess of the typical parent from dealing with small children. Helping toddlers learn about toileting and learning to eat spaghetti can be messy! . Despite the way it sounds, most center employees don't think of their jobs as being gross or dirty. They said they get used to the daily messes and the key to taking care of children is to love every aspect of it



## RAF Lakenheath's Arts & Crafts Center

# Use the bright side of our brain

Tim Hughes, recreation aid, embroiders a shirt at the arts and crafts center. The embroidery shop is the biggest in U.S. Air Forces in Europe and is the only 24-hour turnaround service for embroidered Air Force nametapes in the United Kingdom. Photo by Jim Howard



**By Senior Airman Vanessa LaBoy**  
RAF Lakenheath Public Affairs

Attention left-brained Liberty Warriors — RAF Lakenheath's Arts & Crafts center has 11 main sections and more than 50 different classes to bring out the creative genius in everyone.

"We have 13,200 square feet of 'Aladdin's cave of crafts' for customers to explore — everything from framing to fine arts, stained glass to scrap booking," said Keith Beaumont, director of the arts and crafts program.

The arts and crafts center has around 85 different programs running concurrently throughout the year. Some of these programs include ceramic birthday parties, the biggest embroidery program in U.S. Air Forces in Europe and a professional framing shop with more than 60 years of experience.

"This program offers a new dimension for that special birthday party, where guests get to decorate fired ceramic items of their choice," said Mr. Beaumont. "We have a vast selection of molds and can cater for most birthday themes. One of our upstairs classrooms can also be

reserved at the time of the booking, and once the party has finished decorating their ceramic pieces, they can then have their cake, presents, etc. upstairs in the classroom." According to Mr. Beaumont, these parties have been mainly directed toward young children, but they've also held them for spouses of deployed personnel and squadron groups.

The embroidery shop at the arts and crafts center is the only 24 hour turnaround service for embroidered Air Force nametapes in the United Kingdom. According to Mr. Beaumont they have nine computerized embroidery machines that run 12 hours a day, seven days a week to keep up with demand.

The arts and crafts center also offers a full service frame shop for Liberty Warriors.

They have a computerized mat cutter which allows complex designs to be produced, more than 300 mats to choose from, as well as more than 150 frames in stock and more than 300 special order frames available.

"We provide a custom service for those that don't have time to take the class and do it themselves," said

Mr. Beaumont. "Our staff has more than 60 years experience in the picture framing industry."

RAF Lakenheath's arts and crafts center boasts as being one of the finest in the Air Force, and they have the plaques to prove it. This year, they received the Air Force 2005 Commander in Chief's Installation Excellence Special Recognition category. The center has also been awarded "Best in USAFE" every year from 1999 to 2004, and "Best in Air Force" three out of the past five years. According to Mr. Beaumont, that has never been achieved by any other Air Force arts and crafts program.

But, the arts and crafts center's main mission isn't to win awards — it's to help its customers any way they can.

"The range, variety and quality of service has always been our hallmark. We care more than anyone else that the customer gets the service or product that they need, when they need it," said Mr. Beaumont.

According to Mr. Beaumont, the arts and crafts center is planning to incorporate a wood crafts center and add more classrooms.



# Aramark making changes at Tinker

By Kimberly Woodruff  
72<sup>nd</sup> Services

Aramark Café, a contracted food service for 72nd Services on Tinker Air Force Base, Okla., has been open a year now and management feels it is time for some changes. Fear not however; the changes are for the better.

The planned changes will include mobile food carts, new food varieties, and Java City reward benefits.

Aramark is confident the changes will improve the quality of life in the Tinker community.

In January, Aramark restaurants, Alice's, Corsair and Bomber facilities closed. This

joint decision was made between Aramark and Tinker AFB leadership. The time has come for a new and more exciting food option to hit the streets.

Two mobile food carts will be in operation; one near Bldg. 2122 (Bomber) and surrounding vicinity, and another near Bldgs. 1 and 240 (Corsair and Alice's). Aramark is open to constructive feedback from customers, facility managers, and union representatives so that needed changes to the schedule can be worked out.

Food items offered on the new carts include breakfast burritos and sandwiches, hot and cold sandwiches, nachos,

entree salads, and assorted beverages, snacks and desserts.

Additional menu items will be added on customer request. For the time being the carts will be cash only until the program gets underway.

In keeping with the changing times, Aramark has developed a program called "Fast Tracks." Fast Tracks will be short, 2-week-long promotions offering a new variety of foods to try for a limited time. The menu fits in with the Air Force Fit to Fight program.

The new food choices are low in fat but big on flavor. Aramark chefs will prepare to order the burritos or bowls with rice, beans, steak, chicken and vegetables.

Pacific Rim Bowls will be coming out soon featuring Asian inspired sauces and chicken, shrimp, or tofu on rice with choice of vegetables.

Menu choices will change every two weeks, but with variety being the



**Aramark's user friendly sections help customers find exactly what foods they're in the mood for by providing colorful signs. Clear plexi shields show off the food beautifully, making the choices easier to make.**

number one thing customers want, this gives everyone a chance to try something new.

Speaking of healthy, Aramark cafes have 10 sandwiches all under 10 grams of fat. The program fittingly is called "Ten under Ten" and is an ongoing part of the wonderful Aramark menu.

"These are not ordinary cold turkey on plain bread sandwiches," said Beth Shumaker, general manager, Aramark, Tinker.

One fabulous sandwich is the Cranberry Turkey Ciabatta featuring turkey piled on ciabatta bread with lettuce, tomatoes, and onions, topped

with a delicious cranberry dressing. The Ten under Ten sandwiches will be offered on the mobile food carts and in Cafe 3001.

Aramark Cafe is ready to cover all catering needs as well. High-end box lunches are the perfect thing for business meetings, group events, or picking up a quick lunch to go. Signature sandwiches, salads, and more can be made to order to suit any function.

Lastly, Aramark has all their terrific menus, schedules, promotions, holiday hours and contact information on their website [www.aramarkcafe.com/tinkerafb](http://www.aramarkcafe.com/tinkerafb).



**Phil Brewer enjoys the convenience of stepping outside his building to grab a quick snack or hot lunch. Photo by Kimberly Woodruff**

# Learning to fly is easy at Dover Aero Club

By Danielle Wilkinson  
436<sup>th</sup> Services Squadron

The Dover Air Force Base, Del., Aero Club invites all military members, their family members, retirees, civilian employees and Air Force contractors to stop by and see how easy it is to earn a pilot's license.

"Obtaining a pilot's license can be quick and fairly easy to accomplish," said Joe Nickle, 436<sup>th</sup> Services Squadron, Aero Club manager. "Students control how long it will take by setting their own pace. Aero Club members can train to become a Federal Aviation Administration (FAA) licensed pilot with a minimum of 35 hours ground training and 35 hours of flight training under the FAA's Part 141 training program, which generally takes a minimum of three months to accomplish."

Staff members at the Aero Club aid each student pilot in planning their course, using either the FAA's Part 141 or Part 61 program. The primary difference between the two is the minimum number of hours required to obtain a private pilot's license.

The Aero Club also offers courses for instrument, commercial, flight instructor and Air Transport Pilot in both single and multiengine aircraft.

"By joining the Aero Club, members not only learn to fly, but also receive some great benefits," said Mr. Nickle. "These include learning how to fly from some of the world's most skilled instructors and \$1 million of insurance coverage when participating in any Aero Club activity."

In addition, active duty members are allowed to use military benefits such as Tuition Assistance to offset

the cost of ground school.

Veteran's Administration educational benefits may also be used by those eligible to minimize the cost of obtaining rating and certificates above the Private Pilot's license, including instrument, commercial, multiengine, and flight instructor.

Military pilots may earn their licenses through the Military Competency Program or get add-on class/category rating such as a single engine add-on to their current FAA multiengine certification.

Licensed members can also skip the problems of airline travel when going on short, temporary duty assignments by using an Aero Club aircraft to reach their destination through the joint travel regulation. The prices at the Aero Club are usually 20 to 25 percent less than their civilian equivalent, and this is the only FAA Part 141 school in Delaware that is VA certified.

Additionally, the Aero Club offers all available FAA knowledge tests, including those required for the Airframe and Power Plant Mechanics License, with a LaserGrade Computer Testing Center on site. Being a LaserGrade Certified Test Center, students are able to test and then receive instant results. They can also conduct the required tests for many other professional certifications.

The test center is open 9 a.m. to 5 p.m., Monday through Friday, dependent on proctor availability and FAA test costs \$90 per each.

"Students interested in taking a LaserGrade test, should call the center to schedule a time slot," said Mr. Nickle.



## Team Dyess hard at work

Lydia Stanton, 7th Services Squadron at Dyess Air Force Base, Texas, pours batter on the grill during midnight meal at the Longhorn Dining Facility. Ms. Stanton, originally from the Philippines, has been at Dyess for six years. Photo by Airman 1st Class Alan Garrison

# Nellis presents Friday Night Lights

By Jennifer Vollmer

Nellis Air Force Base, Nev., Public Affairs

The Nellis Air Force Base, Nev., theater hosted some of Nellis' best entertainers recently during the annual Base Talent Show.

The "mayor" of Nellis, Col. Walter Givhan, 99th Air Base Wing commander, welcomed the audience of more than 200 people.

"We have great talent at Nellis," he said. "And what's extraordinary is their willingness to share that gift with us."

Captain Docia Buchanan sang the national anthem to start the show. She was accompanied by Robin Bennett, Trudy Cherry and Regina Mullins of the 99th Services Squadron youth programs who "signed" the words of the song.

Six trophies were awarded to winners at the finale for the five-through 12-year-old Youth category, 13- through 18-year-old Youth category, Adult category, Best-in-Show and Judge's Choice.

Nineteen acts graced the theater stage.

"Besides being a showcase for local talent, the Base Talent Show serves as an audition for active-duty service members interested in serving with Tops In Blue," said Kat Pauley, 99th SVS Community Center program director.

Participant and service member 2nd Lt. Christine Hu, 11th Reconnaissance Squadron commander executive officer, is using the Base Talent Show for that purpose. The lieutenant sang "You Were Meant for Me," while Airman Shawn Weigman, 11th RS sensor operator student, played the guitar. They took home the first place award for the

Adult category and the Best-in-Show trophy.

One of youngest performers of the evening was 10-year-old talent show veteran Tara Dunston, daughter of 1st Lt. Christopher Dunston, 57th Maintenance Operations Squadron Programs and Training Flight commander. She performed the song "Concrete Angel," and won the five- through 12-year-old Youth category and the Judge's Choice trophy.

"I understand why the judges chose Tara for the Judge's Choice," said spectator Rebecca Johns. "She was awesome. I'm amazed that a 10-year-old can sing like that!"

Overall, there were 14 vocal performances, two guitar solos, one hula dance and an Irish step-dance.

The community center hosts two talent shows annually – the Base Talent Show and the Family and Teen Talent Show.



Tara Dunston, daughter of 1st Lt. Christopher Dunston, 57th Maintenance Operations Squadron, sings the country music song "Concrete Angel." Tara was awarded first place in the youth group category for ages 5 to 12. Photo by Airman Nadine Barclay



Second Lt. Christine Hu, 11th Reconnaissance Squadron commander's executive officer, sings "You Were Meant for Me," as Airman Shawn Weigman, 11th RS sensor operator student, provides guitar accompaniment during the Nellis Base Talent Show. Lieutenant Hu and Airman Weigman took first place in the Adult category and were also awarded "Best in Show." Photo by Staff Sgt. Darryl Barne



# Elmendorf youth sculpt cool idea

Jake Buskirk and Josh Ewing, along with other children, work on the jungle gym. The block of snow the students are working on was donated by the 3rd Civil Engineer Squadron's Snow Barn and Heavy Equipment sections. Courtesy photos



**By Capt. Eric Badger**  
Elmendorf Air Force Base, Alaska, Public Affairs

If snow angels are all you want, don't call these snow-sculpting professionals.

As an after-school project, approximately 25 children are letting their creativity be their guide at the Elmendorf Air Force Base, Alaska, Youth Center as they sculpt an approximately 10-foot tall by 10-foot wide, 5,000-pound block of snow into a custom-made jungle gym.

According to Jennifer Lamar, Elmendorf youth programs, the idea to sculpt snow was born last year as the youth wanted to participate in the snow-sculpting event during the winter festival Fur Rendezvous, also known as Fur Rondy. Fur Rondy is Alaska's most popular winter festival held in Anchorage every February. The festival provides numerous activities and events such as sled dog weight pulling, snow-shoe softball, carnival rides, as well as ice and snow sculpture displays.

"We wanted to participate, but due to the children's limited after school time at the center, it wasn't possible," said Ms. Lamar. "We figured we could participate in our

own way right here. It's turned out to be a big hit."

For the finished product, the children plan to build two tunnels within the snow block so they can climb to the top. The initials "YC," which stands for "Youth Center," are carved on one side of the block.

With constant supervision and assistance from the Youth Center staff, the Elmendorf youth use standard gardening tools to sculpt the snow block for about an hour and a half each day.

"As long as the weather remains good for snow carving, the children will work on the project until it's complete," said Ms. Lamar. "I'm surprised at how fast they've worked already."

The 3rd Civil Engineer Squadron's Snow Barn and Heavy Equipment sections assisted the young artists by providing the block of snow.

First, the snow block form was hauled to the Youth Center by 3rd Civil Engineer Squadron Heavy Equipment section members with the aid of a tractor trailer.

Second, 3rd CES Snow Barn members provided fresh, clean snow to blow into the form with the squadron's snow blowers and loaders.

The squadron also hauled in extra snow to make the ground level enough to support the block.

Snow carving has been so much fun for Aurora Elementary School student Amanda Depa, she said she is already looking forward to doing it again next winter.

"I love being outside and playing in the snow," she said. "Maybe next time we can make a big giraffe."



**James Anderson helps the students create their work of art.**





## Services chefs sculpt snow; carve way to first place

This sculpture was a 10-by-8-foot block of snow before two Elmendorf Air Force Base, Alaska, chefs turned into a first-place masterpiece. Courtesy photo

**By Staff Sgt. Francesca Popp**  
Elmendorf Air Force Base, Alaska,  
Public Affairs

Two chefs from the 3rd Services Squadron at Elmendorf Air Force Base, Alaska, carved their way into the 2007 U.S. National Snow Sculpting Competition.

Staff Sgt. Eddy Tompkins and Mitch Manzo, Iditarod Dining Facility, as well as Debra Manzo, took first place in the 2006 Fur Rendezvous Division 1 Snow Sculpture Competition.

"This was such an unexpected honor to earn such a prestigious title," said Sergeant Tompkins. "It was great to participate in this event. I filled a void on the team

that was left when a previous military member moved away."

During Fur Rondy, the trio chipped away at a 10-by-8-by-8-foot block of snow for five days and put in a total of 120 man-hours enduring less than ideal conditions.

Sergeant Tompkins said the blocks were peppered with gravel, litter and the occasional moose nugget. The unseasonably warm weather mixed with sporadic rain wreaked havoc on all the sculptures, even causing one to collapse just hours before judging.

Knowing what it takes to win, the group came up with the idea for the carving, which was titled "Alamo Chef." The walk-through design featured a large chef carving a

wedge of cheese in front of a brick oven in a Santa Fe style kitchen. To make it complete, it included two patrons leaned up against the outside walls with their sombreros pulled down low, taking a quick siesta.

The team will represent Alaska at the U.S. National Snow Sculpting Competition in Lake Geneva, Wis., Jan. 31-Feb. 4, 2007.

Mr. Manzo said the trip may sound like a vacation, but they will be working diligently to turn a pile of snow into a work of art.

This will be the second trip to the nationals in three years for the Manzos, who are both seasoned snow sculptors.

### Can Rin Tin swim?

Incirlik Air Base, Turkey, Outdoor Recreation recently hosted its first "Dog Day" at the base pool. This unique event was a resounding success with more than 35 four-legged family members taking the plunge in the pool. The event was light hearted and it brought pet owners together to socialize. During the event, owners let their dogs off their leashes so that the four-legged family members could romp and play on their own. Each dog that participated in the event received a free tennis ball, and many new friendships were forged among pet owners and their canine companions. Dog Days is one of several creative Aquatics Programs that Incirlik Outdoor Recreation hosts each year. During an up-coming weekend, Incirlik will host the annual fishing rodeo in the base pool where more than 400 brown trout will do their best to avoid being caught by anglers of all ages. Courtesy photo



## Snapped around Services photo page



### *A night at the opera*

Leslie Remmert Soich, Adam Sattely and Jonathan Morales perform during the show "Great American Voices: Unforgettable Melodies from Opera to Broadway" recently at the Trail's End Club at F.E. Warren Air Force Base, Wyo. The three vocalists are members of Opera Colorado. They performed songs from "La Boheme," "Don Giovanni," "Carmen" and "West Side Story" to name a few. Photo by Airman Brandy Holcepl

## FROM THE FRONTLINES



### **KRAB Idol winners**

The winners of the Krab Idol contest at Kirkuk Air Base, Iraq, are (right to left) Army Sgts. Dan Wills, 3rd Place; Robin Richardson, 2nd Place; and Dinard Edwards, 1st Place. Photo by Airman 1st Class JoAnn White



### **Ringer**

Darren Bergeon, 447<sup>th</sup> Expeditionary Security Forces Squadron, tosses horseshoes during his off-duty time near the Sather Air Base, Iraq, fitness center. Photo by Master Sgt. Will Ackerman



## Services squadron has Gunfighters covered

Kent Kleffner, Auto Hobby Shop, has more than 20 years of experience working on cars. Since Mr. Kleffner started working at the auto shop, their productivity has increased 800 percent. Photo by Airman Dana Hill

**By Senior Airman Sergio Aguirre**  
Mountain Home Air Force Base, Idaho,  
Public Affairs

The 366th Services Squadron at Mountain Home Air Force Base, Idaho, is responsible for various support programs that help Gunfighters rest, relax and have fun.

With more than 14 agencies within the squadron, its impact is broad. With everything from food to ski trips covered, the offerings are plentiful.

"We are the grease that lubricates the base," said Jennifer Mounts, 366th SVS marketing editor. "We are the behind the scenes squadron, providing all the various functions like the fitness center, youth center and auto skills center. These services are the difference between just a runway with hangars and a full base."

Services offers many activities at substantial discounts to military members and their families.

"We offer many of the activities at prices that make it hard to say no," said Ms. Mounts. "Our job is to save Gunfighters time and money, while providing them exciting activities to keep them entertained in their precious off time."

One service Gunfighters can take advantage of is the auto skills center, located across from the base gym. The facility has several bays and lifts Gunfighters may use to work on their vehicles themselves and save money.

"We are constantly trying to improve the level of service and upgrade our equipment to help make Gunfighters lives easier," said Richard Brooks, auto hobby center manager. "Our recent addition, Kent Kleffner, has increased the level of service and allows Gunfighters to use a certified mechanic at half what they would pay at an off base establishment."

The auto hobby center offers oil changes, air conditioning recharging, fluid checks, multi point inspections, tire mounting and balancing, as well as help with do-it-yourself projects like engine swaps and after market parts installations.

"Kent is a very experienced mechanic with more than 20 years of experience and can do almost anything when it comes to cars," said Mr. Brooks.

Mr. Kleffner is known to work quickly and effectively when diagnosing car problems and conducts thorough diagnostic checks. This

isolates the specific problem and saves customers time and money while fixing the real problem.

While the auto hobby center offers all of these services, there are many cost saving services offered through other agencies, like the outdoor adventure program.

"We offer so many trips and outdoor activities to Gunfighters it's hard to name them all," said Mark Lothrop, outdoor recreation supply. "We offer Yellowstone National Park trailers at great prices, as well as white water rafting trips at reduced costs."

For those looking to save even more money while making a difference in the community, the outdoor adventure program offers free trips to volunteers.

"We train more than 40 individuals in leading white water rafting trips," said Mr. Lothrop. "They get to take the trips at no cost, while being able to lead the group in their raft. It's a win-win situation for the volunteers and program."

Whether it's fixing your vehicle yourself, learning how to lead a whitewater rafting trip or just eating at Pizza Etc., the 366th Services Squadron has the base covered, and the Gunfighters, as well.



## *There's more to the meal than the food; late shift Airmen connect with their customers*



Senior Airman Vincent Aragon starts preparing food at 9:30 p.m. for midnight meal. Photo by Tech. Sgt. Ben Bloker

**By Senior Airman Christian Michael**  
Langley Air Force Base, Va., Public Affairs

Midnight meal warms the heart and the belly with friendly service and a hot meal for those who work through the night to keep Langley Air Force Base, Va., going.

Open to anyone already allowed to use the dining facility, midnight meal offers a full entrée of either a hot meal or short order, salad bar or breakfast for nocturnal Airmen from 11:30 p.m. to 12:30 a.m.

"We have anywhere between 70 to 100 folks," said Master Sgt. Dion Ishmael, the dining facility manager. "Our midnight meal is dedicated to our maintainers, flight line personnel and all other AFSCs that work through the night and can't get somewhere to get a hot nutritious meal."

Senior Airman Vincent Aragon, a services cook for the majority of his time in the Air Force, has worked the night shift for the past four months. Prior to his deployment last year, he worked the night shift, and

again requested the nightshift upon his return to Langley.

"One of the best things about nightshift is the connection with the customers," said Airman Aragon. "We have the same customers every night, and because it's more relaxed and the pace is slower, we get a chance to know them and talk with them."

The pace during nightshift is much slower, but the workload is higher in consideration for the smaller staff.

"There is a lot of preparation for the morning and lunch meals," said Airman Aragon, whose duties include preparing the breakfast and lunch entrees, readying the salad bar items and ensuring the cooking areas are sanitary and in order.

The crew includes the bakers, who are busy from early afternoon to early morning preparing fresh deserts and pastries for diners.

"Every mission has its own impact," said Airman 1st Class Gencian Blushi, an Albanian immigrant who enlisted in the Air Force as a cook, and considers it as a

great opportunity to help people. "We provide food to people – something everyone needs – and provide it 24 hours a day."

He also considers his job as a baker a privilege among the dining services duties at Langley.

"Baking is for creative people," said Airman Blushi. "It's a fun job, one I can use my own imagination and research to improve, and they let us be creative with it."

In addition to their typical food duties, on-the-job training, recipe preparation and reviews of the production log are performed.

"There's more responsibility for our Airmen at night, since they're on their own the majority of the shift," said Sergeant Ishmael. "That's usually the last part of their training because we know we have to leave them by themselves, there's less supervision at night. We try to put our stronger folks on midnights."

"I believe in giving 110 percent in all you do," said Airman Aragon. Airman Blushi agreed.



### ***Filling up at Ramstein***

Chief Master Sgt. of the Air Force Gerald Murray receives a heaping helping of good food from the fry grill at the Rheinland Inn Dining Facility at Ramstein Air Base, Germany, recently. He was touring USAFE installations while accompanied by USAFE Command Chief Master Sgt. Gary Coleman. Ramstein was the first stop on Chief Murray's tour and, while there, he took the time to meet with and address a group of Airmen. Photo by Airman 1st Class Chad Watkins



## ***Gettin' crafty with the 37th Services Division***



Left, The Lackland Air Force Base, Texas, Arts and Crafts Center offers a variety of classes and services such as engraving and framing to Team Lackland personnel and their families. Tony Brazil, assistant program manager at the Arts and Crafts Center, prepares to fill molds used to make ceramics. Photos by Senior Airman Danielle Johnson

Below, Woodshop supervisor, Ruben Ortega, works with a router to make a utility cart for the shop. The center, located next to the new mini mall near Bldg. 5616, offers classes in a variety of skills in addition to woodworking and ceramics, including computers, sewing, crocheting, framing, hand weaving, oil painting and piano.





Some of the more than 200 Incirlik Air Base, Turkey anglers try to hook one or more of 400 trout from the base pool. Courtesy photos

## 200 Incirlik anglers + 400 trout = rodeo

**By Chris Skully**  
Chief, Community Support Flight

Incirlik Air Base, Turkey, Outdoor Recreation hosted its 9<sup>th</sup> Annual Fishing Rodeo at the base pool recently.

More than 200 community members tested their fishing skills and tried to land a cooler full of trout.

This event is wildly popular activity for anglers of all ages. The outdoor recreation staff coordinates this activity where more than 400 trout are placed in the pool. The weekend is then divided up into 2-hour fishing sessions that average 50-60 guests per 2-hour block.

There are even "special prize fish" that are a different color than the others, and when they are caught, the lucky fisherman is

presented with a gift certificate for a free outdoor recreation trip (hiking, paintball, snorkeling, etc).

The Incirlik Fishing Rodeo is one of several unique and creative programs that the hard working staff at Incirlik Outdoor Recreation coordinate each year.

These ingenious activities keep the community's interest peaked and always produce ear-to-ear smiles.

### *Preparing for a contingency*

Second Lt. Joshua Daniels receives water from Staff Sgt. Jonnie Gipson during a demonstration of the proper way to hydrate while wearing a gas mask during a contingency exercise at Lackland Air Force Base, Texas, recently. Lieutenant Daniels is with the 37th Services Squadron and Sergeant Gipson is with the 37th Civil Engineer Squadron. Photo by Robbin Cresswell



# Welcome, ladies and gentlemen ...

## *Armed Forces Entertainment provides quality entertainment to deployed, isolated troops*

**By CPT Trevor Garrett**  
**Pacific Circuit Manager**

At Armed Forces Entertainment, we are tasked to provide up and coming entertainment to our troops and family members stationed overseas with priority going to remote and isolated areas. Over the past few months, we have accomplished this mission with vigor and pride to our utmost abilities, but don't take our word for it, ask the entertainers that have supported our troops yourselves.

Do you know what it feels like to squeeze a 6'8" frame into an airplane seat made for the average male (5'10")? Or better yet, what about trying to squeeze that same frame into the sleeping quarters of today's sailor? Ask the Harlem Globetrotters players and they will be ecstatic to tell you all about their experiences!

What about being nominated for a Grammy and various Tejano Music Awards, but instead of being at an all-star event with numerous celebrities, you opt to play at a venue with 120 screaming fans who haven't had sunlight, let alone live entertainment in more than six months? You decided that a remote location in the middle of nowhere is more appealing than the River walk in San Antonio?

Ask Shelly Lares of the Grammy nominated and Tejano Music Award winner 'Las Tres Divas' and she can tell you what that feeling means to

her. Here is a quote that she posted to her web log:

"Well I want to say thank you again to the men and women who serve our country for everything you do! Being here and seeing first hand the sacrifices that you and your family make for us is unreal! Thanks for coming into my site and visiting with my fans. Now I hope I have gained not only some new fans but new friends around the world! God bless you!"  
Shelly

These are just a couple of the very special entertainers that have taken time out of their hectic schedules to give back to the troops deployed all over the world. The artists have demonstrated that their presence in Korea, Turkey, the Balkans, and Alaska or in Iraq has unquestionably enhanced the quality of life for all Armed Forces personnel.

Ever imagined what it feels like to perform before an attentive audience in the middle of one of the hottest deserts ever? How about performing before an audience that not only is hanging onto your every note, but also has the ability to protect you at the drop of a dime if anything 'hot' happens? Ask the members of 'Drowning Pool' and they can relay to you the unique feeling that they encountered.

With our annual conference just wrapping up, all associated with Armed Forces Entertainment have been reenergized to continue with

our mission and to ensure that we get the best and brightest entertainment out to our troops overseas. If you would like to join the ranks of the satisfied entertainers that you have seen here, check out Armed Forces Entertainment's website for information on how to apply.  
[www.armedforcesentertainment.com](http://www.armedforcesentertainment.com).



**Shelly Lares of the Grammy nominated and Tejano Music Award winner "Las Tres Divas" tells her military audience, "I want to say thank you again to the men and women who serve our country for everything you do!" Photo courtesy Shelly Lares**





## After months of planning and hours of work, the doors to the Lewis and Clark Grill are **Officially open**

The redesigned Lewis and Clark Grill menu provides the background for a full portion of freshly cooked Portobello Chicken Alfredo. Half portions of the pasta dishes are also offered.

**Story and photos by Valerie Mullett**  
Malmstrom Air Force Base, Mont., Public Affairs

Just as Lewis and Clark explored uncharted territories 200 years ago only to discover the great northwest, the business minds of Services personnel delved deep into current restaurant trends to create a new dining experience here.

The newly remodeled eatery in the Grizzly Bend Club has made its official debut. And everyone was invited to the party.

The project began in June 2005 when Air Force Space Command sent Alicia O'Neil, a business specialist, to Malmstrom to conduct a staff assistance visit. After meeting with key members of the wing leadership, she proposed bringing the dining room more up-to-date to present a style of dining not already available at Malmstrom.

"It's pretty well known how popular some of the national chain restaurants are these days," said

Ms. O'Neil. "I proposed creating that same casual-style atmosphere here."

That proposal included revamping the menu to an a la carte style and totally renovating the decor of the room. She returned to Colorado Springs and started designing the new look, "with a lot of local input," she said.

A return trip in July and another meeting with the key players put the plan into motion. She then turned the work crew loose to create the new look. In March, she returned again, along with Vicki

Peterson, AFSPC Services business branch chief and Joann Missey, AFSPC Services marketing chief. The three ladies have been busy since their arrival.

"We are here working with the management team to provide intensive training," said Ms. Peterson. "There are several new-to-food-service employees that need our guidance to be the best they can be."

While she took care of molding the wait staff, Ms. O'Neil was busy sharing the tricks of the trade she learned as a graduate of the Culinary Institute of America (Hyde Park, N.Y.) with her newly hired cooks, and the seasoned veterans, as well.

"I have taught each of them to prepare every item on the menu," she said. "Each plate is photographed and there is a reason we do this."

"It is important to maintain consistency in the product while adhering to portion control," she said. "Seeing what they've made boosts their confidence and increases their pride."

Prior to the grand opening, there were several "soft openings" of the Lewis and Clark Grill so many people have already gotten to sample the fare.

**Continued on next page**

## Malmstrom opens remodeled eatery

*continued from page 28*



Gary Gray, training manager for the 341st Services Squadron, explains to his waitress, Lauren Rickert, how he would like his meat prepared.

"Soft openings are all part of the training process to allow the cooks as much practice as possible with the menu items to hone their skills while building their confidence," said the former Army headquarters research and development chef. "Each one we have they get more proficient to the point where they are really jazzed now."

The other part of the training in the kitchen was to reinforce proper sanitation practices and develop a system that interfaces with the wait staff, Ms. O'Neil said.

"This is a very energetic group of individuals with a lot of enthusiasm," said Ms. Peterson. "They have a lot of pride in the product they are serving and it shows. I am confident the customers will love them."

That is important too, because according to Ms. Peterson, customer service is 68 percent of the reason people return.

"This is a new beginning for the people at Malmstrom," said Don Mackal, Grizzly Bend Club manager. "The menu and the decor far surpasses any restaurant you will find downtown . . . and it's all right here."



Vicki Peterson, business branch chief for Air Force Space Command Services, explains the limited menu being offered at a "soft opening" event recently for members of the 341st Services Squadron. Seated left to right are Dave Kovatch, Ron and Barbara Senger, and Caroline Kovatch.



Alicia O'Neil, AFSPC's head research and development chef, keeps a watchful eye on cook trainees Pat Ernster (left) and Charlene Stringfellow (right).

# Tops In Blue has Wright-Patt ties



Lauren Ballard performs to the music of Bryan Adams during the recent Tops In Blue show at the Ervin J. Nutter Center. Ms. Ballard was invited to dance after winning the Teen Solo Dance category at the 2005 Air Force Talent Show in September. Ms. Ballard is the daughter of Master Sgt. Thomas C. Ballard III, an audio engineer with the Air Force Band of Flight.

**By Rachel Castle**  
Wright-Patterson Air Force Base, Ohio,  
Public Affairs

Tops In Blue, the Air Force's premier expeditionary entertainment showcase, rolled into Wright-Patterson Air Force Base, Ohio, recently and treated the base community and public to an evening of high-tempo singing and dancing.

While Tops In Blue is made up of Airmen from around the globe, this year's show had a few local ties that made the event unique.



Katherine Ballester, left, and her brothers Francis, Damian, Nicholas and Marcel, perform a Celtic tune during the recent Tops In Blue show at the Ervin J. Nutter Center. The Ballesters, children of Luis Ballester, of Aeronautical Systems Center Special Operations Forces Systems Group at Wright-Patterson Air Force Base, Ohio, won the Teen Group Act at the 2005 Air Force Talent Show. Photos by Spencer Lane

Airman Kenneth LaRock, from the 88th Communications Squadron, is this year's Tops In Blue audio technician, who could be found with earphones on, tweaking levers and making sure the sound was perfect.

"I've been looking forward to this for a long time," he said before the show. "I'm very excited to perform for my family and friends and the people in the shop."

Tops In Blue presented a special award to the 88th CS to congratulate and thank them for their support in allowing Airman LaRock the permissive temporary duty necessary to travel with the team. There was no back-fill for the position, so Airman LaRock's teammates had to pick up the extra work left behind while he toured the globe. "They kept in touch, and when we were in Osan and Balad, I saw some of them," Airman LaRock said. "The Air Force seems a little smaller."

Other local performers in the show were the Ballester Family and

Lauren Ballard, Air Force Family and Teen Talent winners. The Ballester Family is a group of five siblings, ranging in age from 9- to 15 years old, who play violins, cello and recorders. They treated the audience to a Celtic/Irish medley of songs, arranged for their performance.

The Ballesters won first place in the 2005 Air Force Talent Contest in the group instrumental category. The Ballesters are active in the local community, playing events at venues such as The Schuster Center.

Lauren Ballard performed a lyrical dance to "Everything I Do, I Do it For You," made popular by Bryan Adams in the movie "Robin Hood: Prince of Thieves." She leaped and twirled her way to a first place finish in the 2005 Air Force Talent Contest for the 16- to 18-year-old category. She has danced twice in the NFL Pro Bowl and said she plans to continue dancing when she enters college.



## Snapped around Services photo page

### *Lots o' laughs*

Comedian David Tierney with the National Comedy Theatre exposes Chief Master Sgt. Murray Connor's comedic stage skills recently. Chief Connor, Combined Air Operations Center, was an audience participant when the Armed Forces Entertainment comedy group performed at the Memorial Plaza for troops. Armed Forces Entertainment is the lead Department of Defense agency for providing entertainment to U.S. military personnel serving overseas, with priority given to those in contingency operations and at remote and isolated locations. The Department of the Air Force is the executive agent of AFE. Founded in 1951, AFE brings a touch of home to more than 500,000 troops annually, embracing the best of Americana that stretches across all genres of entertainment. Visit [www.armedforcesentertainment.com](http://www.armedforcesentertainment.com) for more information. Photo by Staff Sgt. Joshua Strang



### *Club member wins cash*

Senior Airman Joel Calahan, 7th Civil Engineer Squadron explosive ordnance disposal technical data journeyman, is awarded a check for \$1,000 at wing stand-up recently. Airman Calahan was randomly selected from a group of new members of the Dyess Air Force Base, Texas, Enlisted Club. The purpose of the drawings is to promote Club membership. Photo by Airman 1st Class Chris Walkenhurst

### *Ta*

Christine Rook, a local expert on tea, speaks to a group about the history of tea in England and how to serve a proper English Tea at the RAF Mildenhall Library. A standing-room-only crowd of more than 40 people attended the event. Participants enjoyed a selection of English baked goods and a variety of teas after the lecture. Response to the program was overwhelming.

According to Susan King, one of the attendees, "the English tea party was excellent...a great surprise and a wonderful event." The tea is one example of the many programs offered at the RAF Mildenhall Library. Courtesy photo



## LA officer named outstanding Webster grad

By Dave Porter  
61<sup>st</sup> Services

Capt. Patrick Breen of the 61st Air Base Group Services Division at Los Angeles Air Force Base, Calif., recently received the Outstanding Graduate Student Award from Webster University for 2005.

"To be selected for the award is both a major academic and leadership accomplishment," said retired Brig. Gen. Thomas Smith, regional academic director for Webster University. "Captain Breen is a first class young American who always presents himself well and is the epitome of what one seeks in a young professional."

Captain Breen is currently the combat support flight commander of the 61st ABG/SV Division. Among his responsibilities are providing lodging and supervising various morale, welfare and recreational activities that include Base Search and Recovery, Plans and Readiness, recreational programs, fitness centers and the Base Honor Guard. He also is responsible for providing mortuary services to deceased dependents, retirees and active duty personnel.

Captain Breen received a bachelor of science degree from Southern Illinois



Capt. Patrick Breen from Los Angeles Air Force Base, Calif., recently received the Outstanding Graduate Award from Webster University for 2005. Courtesy photo

University in Carbondale, Ill., and a master's in business management from Webster University, St. Louis, Mo.

He started his military career as chief of Plans and Readiness while stationed at Keesler AFB, Miss. Prior to performing a special duty assignment as a ROTC instructor, Captain Breen worked in the Commander's Action Group at Headquarters' Air Force Services Agency in San Antonio, Texas. He was the first officer to coach the All Air Force Boxing Team.

His awards and decorations include the Global War on Terrorism Service Medal, the Air Force Commendation Medal, the Air Force Achievement Medal, the Air Force Outstanding Unit Award, the Air Force Organizational Excellence Award and the National Defense Service Award.

### FROM THE FRONTLINES



#### A1S team pauses to pose at Bagram

Team members are, from left, Master Sgt. Richard Stiles, dining room superintendent; Senior Airman William Baehr, communications; Airman Jorge Cabelleromelchor, food service apprentice; Tech. Sgt. Gregory Hallett, food service accountant and baker; and Staff Sgt. Terrence Willaims, lodging clerk. Photo by Staff Sgt. Jennifer Redente

## Names, faces in the news

### **Sharp Troop award winner**

Airman Gregory King, 341st Services Squadron at Malmstrom Air Force Base, Mont., has been awarded a "Sharp Troop" award for the second quarter of fiscal 2006.

### **Andersen Airmen complete FTAC**

The following Airmen recently completed the First Term Airman Center.

36th Services Squadron  
Airman Basic Christina Atkinson  
Airman Jessica Smith

### **Hurlburt special operator**

Tech. Sgt. Tina Todaro from the 16<sup>th</sup> Services Squadron at Hurlburt Field, Fla., graduated recently from Class 06- 2 of the Tyndall Air Force Base, Fla., NCO Academy.

### **Kirtland names annual award winner**

The 377th Air Base Wing named its annual award winners recently. One Services employee was honored:

Cat. IV Civilian of the year  
**Andrea Barnes**  
377<sup>th</sup> Services Squadron

### **Kunsan honors 8<sup>th</sup> SVS civilian**

Kunsan Air Base, Korea, named **Lon Shadel**, 8<sup>th</sup> Services Squadron, as Civilian of the Year (manager, supervisor).

Mr. Shadel is the deputy Services officer assigned to the 8th SVS.

He improved intramural athletics for more than 2,100 participants a year with the construction of a new batting cage facility worth \$50,000.

He hails from Harrisburg, Pa.

### **17 selected for promotion**

Seventeen master sergeants throughout Services were recently selected for promotion to E-8. Services was slightly above the Air Force average with a selection ratio of 8.67 percent.

The master sergeants are:

**Claude Bryant**, 354th Services, Eielson Air Force Base, Alaska

**William Easter**, 3rd SVS, Elmendorf AFB, Alaska

**Darcy Eubanks**, 16th SVS, Hurlburt Field, Fla.

**Alexander Garcia**, HQ AFSOC, Hurlburt Field

**Jerrold Haskin**, 314th SVS, Little Rock, Ark.

**Carl Jenkins**, 42nd Air Base Wing, Maxwell AFB, Ala.

**Charles Kimble**, 99th SVS, Nellis AFB, Nev.

**Timothy Lind**, Headquarters, Pacific Air Forces, Hickam AFB, Hawaii

**Carl Loveless**, HA AFMC, Wright-Patterson AFB, Ohio

**Danny Reeves**, 8th SVS, Kunsan Air Base, Korea

**Richard Rhodes**, Headquarters, Air Education and Training Command, Randolph AFB, Texas

**James Schmidt**, Fort Dix, N.J.

**Richard Scott**, 15th SVS, Hickam AFB

**Matthew Staub**, Headquarters Air Combat Command, Langley AFB, Va.

**Cleofas Trejo**, 354th SVS, Eielson AFB, Alaska

**David Walker**, 92nd SVS, Fairchild AFB, Wash.

**Randy Ymker**, Headquarters, U.S. Air Forces in Europe, Ramstein AB, Germany



### **Now a citizen of the country he serves...**

Senior Airman Omar Medina, 377th Services Squadron at Kirtland Air Force Base, N.M., takes the oath to become a naturalized United States citizen recently in Albuquerque. Recent changes to immigration laws have made applying for citizenship easier for qualified members of the U.S. military, according to the U.S. Citizenship and Immigration Services. Photo by Damian Bohannon



# Youth Imagemakers Gallery opens at Wright-Patterson

Story and photo by Sara Chambers  
Wright-Patterson Air Force Base, Ohio



Diana Hughes admires the photographs on display at the Wright-Patterson Air Force Base, Ohio, Club and Banquet Center. The first Prairies Youth Center's Imagemakers Gallery opened recently.

Photography offers a unique opportunity to tell stories, capture images or create new ones. The youth at Wright-Patterson Air Force Base, Ohio, have been learning the art of photography, techniques and skills. Participants, ages 9 to 18, in the Prairies Youth Center Imagemakers Photography Club meet weekly to learn, photograph and edit their art. They also travel once a month to locations in the area to accomplish various projects.

Two of the latest included trips to Riverscape in downtown Dayton at dusk, and Wright State University.

Following shoots, the young people are able to upload their images to editing software programs in order to finalize their work. After spending the year learning and producing art,

Imagemakers put together a gallery exhibit to showcase their work. The first Imagemakers Gallery opened recently at the Wright-Patterson Club and Banquet Center.

The gallery then traveled to Air Force Materiel Command headquarters. Displayed on the second floor main hallway for all to see, the gallery exhibit spent four days at headquarters and seven days at the library before it moved to the arts and crafts center.

The exhibit resided at the arts and crafts center for all to see until it moved to the base hospital where it will conclude its travels.

Participants in this year's gallery include Myles Merriweather, Shane Smith, T. J. Hughes, Darius Ward, Elliott Moser, Chelsea Ferguson, Tanor Buhning and Shawn Zuber.



## ***Ramstein, Kunsan Idols***

Left, Staff Sgt. Michelle Miller, 16th Air Force Joint Operation Planning and Execution System functional manager, wins the recent second annual Ramstein Air Base, Germany, Idol contest. Photo by Monica Mendoza

Right, Staff Sgt. Courtney Leahy sings her rendition of "Total Eclipse of the Heart" for the Falcon Community Center crowd during the 2006 Kunsan Air Base, Korea, Idol competition. Sergeant Leahy placed first overall in the contest. Sergeant Leahy is a member of the 8th Medical Operations Squadron. Courtesy photo



In her own words

# Buechel sergeant attends international seminar

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By Staff Sgt. Melanie Deumeland  
702<sup>nd</sup> MUNSS Services

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***Editor's note: More than 200 Germans from Buechel Air Base, Germany, Host Nation wing applied for five slots to attend the Seminar for American and German Noncommissioned Officers. The seminar was sponsored in cooperation with Haus Rissen, International Institute for Politics and Economics. Staff Sgt. Melanie Deumeland, 702nd MUNSS Services, was selected and attended. Here is her trip report:***

The Haus Rissen seminar for American and German NCOs was an exceptional way to further our knowledge of our German counterparts by helping to build a better rapport through learning and understanding the subtle aspects of their complex political system, society, and European culture. The structure of the seminar is based upon German-American relations and the characteristics of both countries' political views on evolving world terrorism, as well as the strengths and weaknesses of both economical systems.

The seminar familiarized us with the historical, political, and social background of Germany by talking about the First Reich to the Third Reich, with discussion of the Versailles Treaty. We discussed the social market economy and how businesses are based upon society rather than on the margin of profit

of the organization or company itself. When reducing manpower under this system, an individual with excellent education and extensive work related skills will be fired before the individual who has very little education and a family to support. We had a brief lecture on terrorism and how it is not considered an individual way of thinking but rather a group's or faction's means to an end. The information given on German foreign and security policy was also very valuable.

We also discussed the European Union and the criteria required for any nation-state (country) to be considered for admission. Since they must first prove they are economically and politically stable to obtain a seat in the European Union, some are waiting anywhere from two to five years before the criteria can be met. There are some countries who do not wish to participate due to the strict restrictions and fines that can be placed upon them.

Our introduction into current German-American relations was conducted by using political journalism as an example. We learned how aspects of everyday life, from the simplest form of a newspaper cartoon, play a significant role in pre-conceived ideas of another country, often resulting in an image of negativity towards the specific country.

The American- German affairs were distinguished not only by the differences in our societies but also the current status of relations between our two countries with

future and existing world events being a major contributing factor.

The seminar ended with discussions on progression of the German educational system. Germany's educational system process and its guiding principles determine advancements throughout the school system for children and young adults. In Germany, there is a requirement for 10 years of schooling as opposed to 13 in the U.S. Also, unlike the U.S., this higher education is paid for by the state.

The German welfare system is also being abused. Currently there are no measures taken to ensure the system is not being exploited.

The Haus Rissen seminar gave me the unique opportunity to meet many interesting people. This helped me to form a valuable network that will enhance my job accomplishment while on this assignment. I learned that regardless of the vast differences in our societies, there are still many similarities.

The way to accomplish the goal of making our nations stronger and more secure is by working together. Additionally, we can build on our relations through friendships, with the aim of one day strengthening the rapport and trust between our two great countries. The seminar was an outstanding informational tool, as well as an excellent learning experience.

I am extremely grateful I was given the opportunity to attend this seminar. It opened my eyes to many preconceived ideas, not only of the German political system but also to ours.

# FROM THE FRONTLINES

## Base boasts CENTAF Senior NCO of the Year

By Maj. Ann Knabe  
379th ESW Public Affairs

Dynamic leader, diversified senior NCO and quintessential flight chief.

Lt. Col. David Preston used these words to describe Master Sgt. Jeffrey Gideon, 379th Expeditionary Services Squadron food service flight chief, helping to secure the sergeant's position as the top senior NCO in U.S. Central Command Air Forces.

But, the former 379th ESVS commander's words pale in comparison to the former U.S. Central Command Lt. Gen. Walter E. Buchanan III's assessment of Sergeant Gideon's work.

"It's the best meal I've had in the AOR," said the general last fall, commenting on the food provided by Sergeant Gideon's crew.

It's a great compliment for Sergeant Gideon, who manages the largest food operation in the AOR and the second largest in the Air Force, said Colonel Preston.

On any given day, Sergeant Gideon is responsible for the management of thousands of meals in the base's dining facilities, as well as quick lunch bags in the "grab and go" fast-food line, and meals for aircrews.

The flight chief, who is serving here on a one-year assignment, also oversees food services contracts totaling more than \$3 million. He previously worked at Headquarters Services Agency in San Antonio, Texas, before being handpicked for his current assignment in the desert.

This deployment is his second tour in Southwest Asia.

As for the CENTAF award, Sergeant Gideon doesn't perceive it as individual recognition.

"This is really a team award," he said. "I have more than 50 dedicated Airmen working with me, and I couldn't do it without my team."

As part of this team concept, the flight chief embraces empowerment in his troops, encouraging his staff to submit new ideas on how to improve food services.

"We have a lot of good people and a lot of good ideas," he said. "If we listen to these ideas and try to implement them, we can improve the lives of other Airmen. In turn, if these quality of life issues are addressed, Airmen can better focus on the mission."



Master Sgt. Jeffrey Gideon. Photo by Senior Airman Mark R. W. Orders-Woempner

Sergeant Gideon suggests Airmen keep an open mind if they want to be successful in today's Air Force.

"All of us, from the youngest Airman to senior leaders, need to be open to different ways of doing things to get the job done," he said. "We should always be looking at ways to make things better."

At the local level, Sergeant Gideon spearheads initiatives envisioned by his staff. For example, the staff recently created a rotating food bar, with different ethnic specialties for each day of the week. According to Sergeant Gideon, initial feedback indicates happy customers.

"Services folks know if we can make things like they are back home, our Airmen will perform better during their deployment," he said. "It's a quality of life issue. In today's Air Force, everyone should be ready to deploy, and we can make their deployment a little less stressful with the comforts of home."





***New golf course  
manager works hard  
to keep Robins playing***

## **Range of possibilities**

**Clay Murray is the new manager of Pine Oaks Golf Course.  
Photo by Sue Sapp**

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**By Holly Birchfield**  
**Robins Air Force Base, Ga., Public Affairs**

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It's not easy making sure Robins Air Force Base, Ga., has a place to play – just ask Clay Murray.

While Mr. Murray, Pine Oaks Golf Course manager since November, loves to play golf, his hectic schedule of overseeing the day-to-day operations of Pine Oaks Golf Course keeps him off the course most days.

The 45-year-old New Jersey native's workday tees off at 8 a.m. and doesn't end until sun down most days.

"I have the staff to manage, the golf course itself, the golf carts, the Pro Shop merchandise, the snack bar, food and beverage operation, a (golf) lesson program, our Link up to Golf Program, the driving range, and conduct about 15 golf tournaments a year," he said. "I hardly ever get to play at all. It's nonstop from the minute I set foot on the facility."

Mr. Murray, who worked as the Navy Golf Program manager in

Millington, Tenn., before coming to Robins, said convincing military and Defense Department civilian golfers that courses outside Robins' gates aren't greener is a challenge.

"Our golf course is only open to the military community and those people that are retired from the military," he said. "They can go out and play the courses down the road, but we can't get other people out there to come here to play."

Mr. Murray said he has a lot in store for Robins' golfers in the future. "We have the new snack bar going up," he said. "So, we're working on the menu and hiring a kitchen manager. We're going to recarpet the whole facility and eventually do a Pro Shop makeover."

The avid golfer, who has played the sport since age 12, said he takes his job seriously.

"We're trying to make the golf course the best it can be condition-wise for everyone," he said. "In order to compete with other golf courses in Houston County, we need to get the golf course in the best shape we can."

Jerry Vail, an operations clerk at the Pine Oaks Golf Course who has worked there since 1982, said the course's new manager brings a creative mind to the staff and opens the lines of communication.

"I think he's a tremendous asset," he said. "He's good for morale and just good for the golf course. He has a lot of plans that have not been implemented yet, but we hope they'll be implemented this summer."



## 90 seconds of fame

# Idaho native and sports fan finds place in 90th SVS

Airman Michael Lockart, 90th Services Squadron at F.E. Warren Air Force Base, Wyo., sat down with Airman Brandy Holcepl, 90th Space Wing Public Affairs, to talk about work, hobbies and his motivation to go above and beyond.

Where are you from?

*I am from north central Idaho, in a town called Kamiah.*

What is one of your favorite memories from home?



Airman Michael Lockart, 90th Services Squadron, cleans a mirror at Freedom Hall. He was recently coined by his first sergeant for going above and beyond his normal duties. Photo by Airman Brandy Holcepl

*Going fishing all the time.*

What kinds of activities did you do in high school?

*I played football, I was on the wrestling team and I was on the track team.*

Did you win any awards in high school?

*I won two state titles in football. I won second in the state for wrestling and I won four state titles in track. I got letters in all three.*

What kinds of things do you like to do in your spare time?

*I like to run and fish.*

What kind of fishing do you like to do?

*Just regular fishing, I have only been able to go once since I got here though.*

How often do you run?

*I run three times a week. I run at least a mile each time.*

Did you go to college before you came into the military?

*I went to college for a year at the University of Idaho.*

When did you join the Air Force?

*I joined in July of 2005.*

Why did you join?

*For college benefits.*

What would you like to study in college?

*Conservation biology because I like to be outdoors. It's a fishing and game type of job.*

What did you do before you came into the military?

*I worked in a lumber mill.*

What did you do at the lumber mill?

*I "pulled chain," which means after the wood was cut I stacked the wood into units.*

What do you do in services?

*I work at the fitness center. I dust-mop the basketball and racquetball courts, I pick up the weights and I clean the equipment.*

Do you like your job?

*Yes, because I get to see a lot of people everyday.*

Do you do any volunteer work?

*I have only been here for four months so I haven't really had the chance yet but I would like to get involved in the youth program so I can teach children how to play sports.*

What is the most important thing you have learned being in the military?

*Do what you are supposed to do and the core values.*

Which core value means the most to you and why?

*Excellence, because I expect excellence of myself.*

How did it feel to be coined by your first shirt?

*It felt great.*

Why do you think you got coined?

*Because of the work I am doing and my work ethic on the job and with my CDCs.*

What motivates you to go above and beyond?

*I am the youngest of four brothers and we were all very competitive. My brothers were all in sports as well, they all did football, wrestling and baseball.*

## Snapped around Services photo page



### *One expresso, please*

Stephanie Ross (right), employee at the newly opened Cup-A-Joe's Coffee House, helps the shop's first customer, Col. Georgette Hassler (left), commander of the 311th Mission Support Group at Brooks City-Base, Texas. Dozens of customers attended the ribbon cutting ceremony at the coffee house, which is located at Sidney's (Bldg. 714). The shop is open Monday through Friday from 6 a.m. to 1 p.m. and 4 to 6 p.m., as well as Saturday from 8 to 11 a.m. Photo by Tech. Sgt. Alfonso Ramirez Jr.

### *M-I-C-K-E-Y M-O-U-S-E*

Ramstein's Eryn Mertins (second from right) was the grand prize winner in the "teen category" for the 2005 Extreme Summer program, sponsored by U.S. Air Forces in Europe Services and Walt Disney World Resorts. Eryn, a Kaiserslautern American High School student, won a one-week trip to Walt Disney World in Orlando, Fla., and took her brother Kyle, mother Diana and father Tech. Sgt. Byron Mertins. Courtesy photo



### *And the winner is ...*

First Lt. Daniel Vorenkamp, 90<sup>th</sup> Missile Security Forces Squadron at F.E. Warren Air Force Base, Wyo., was a big winner in the recent Air Force Club Membership drive. He was presented a "deposit slip" for a \$1,000 credit to his membership card by Lt. Col. Stephen Thompson, 90<sup>th</sup> Services Squadron commander. He can spend it anywhere MasterCard is accepted. Air Force Space Command had 595 new members join during the drive and Lieutenant Vorenkamp was the only winner from F.E. Warren in the command-wide drawing for six winners. In this photo, Col. Allen Jamerson, Security Forces Group commander, applauds the lieutenant on his good fortune. Photo by Lorri Welsh



# Eielson's Singer treats children with love

Kelly Singer helps Emma Blace, daughter of Staff Sgts. Jessica and Nicolas Blace, at 354<sup>th</sup> Services Child Development Center, Eielson Air Force Base, Alaska.

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By **Connie Storch**  
354<sup>th</sup> Services Squadron

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The first thing you notice about all of these people is the relaxed, intimate nature of the relationship each individual has with Kelly Singer. Immediately, their smiles and body language indicate trust and an enviable bond.

Body language is important, because Mrs. Singer's charges are too young to speak, at least not in complete sentences. The 1 and almost 2 year-olds in her room at the Eielson Air Force Base, Alaska, Child Development Center gravitate to her in tiny waves.

They appear certain that "Miss Kelly" will know what they need and will make sure they get it. Arms reach up to her, hands clasp, laughter burbles, flowing over her and her workmate, also a child development program assistant.

Mrs. Singer takes her position of trust seriously.

Her day begins at 6 a.m. While many of us are still in our pajamas, she prepares her room at the CDC, readying the space with tot-friendly, low level shelves filled with brightly colored toys. The whole room shines, ready to welcome the children.

Soon the young people will arrive. They will fill the space and the day with noise, snacks, games, music and the occasional outburst for more than 12 hours.

Obviously most children do not need to be at the CDC all the while it is open. Still, if it's needed, the facility is open 6:30 a.m. - 6 p.m. every weekday. And when the Iceman Team goes into exercise mode, so does the CDC, fully operational 11.5 hours a day or more.

Education is a big part of the day, even for the youngest CDC patrons. Each day the children explore a different sensory development activity. The way the children experience new things is as exciting to Mrs. Singer as it is to them.

"We may be exploring colors, but they'll put the object in their mouth. That's sensory development for a 1 year old," she said.

Mrs. Singer has been at the CDC for nearly two years, and has completed the required training. All child development center staff are required to complete competency based Program Assistant Certification Training within 18 months of employment. Upon completion of their PACT, staff members are required to attend 24 hours of training annually. The key to quality child care is training.

A lot of patience is necessary, she says with a smile. When there's a shortage of employees, the work can be more stressful. The needs of her 10 charges remain the same. She says the children's smiles make her day, and are the best stress reliever.



The ratio in a pre-toddler room is 5:1, and with little kids exploring, interacting and learning, there's a lot going on. Just as her husband, Staff Sgt. Jason Singer, shares stories of his day at LRS, his wife is proud to share hers. She brags about the children, their exploits, ups and downs. Sometimes the stories can be confusing. "Who's who?" Sergeant Singer wondered. "Don't worry about figuring that out," she said, "all of my kids are cute!"

The hardest part of the job is watching them leave, Mrs. Singer said. "You get attached. Watch them grow. Their personalities develop." Whether they move on to a room down the hall for the next age group or the family moves to a new base, it's hard to watch them go.

What's next for her? She and her husband have been at Eielson for three years. Since this is their last summer at Eielson, the Singers plan to do a little traveling around the state and perhaps some whale watching. What's beyond Alaska? The couple is hoping for an assignment to Florida. And if Mrs. Singer chooses to work at the CDC at her next base, the kids – and their parents – will be very fortunate to have her.

# Brooks golf course worker passes away at 56

**By Rudy Purificato**  
**Brooks City-Base, Texas, Public Affairs**

The Brooks City-Base, Texas, community mourned the passing of Rudy Gonzales, a well-known golf course worker, who died recently after a long battle with colon cancer. He was 56.

Mr. Gonzales, a retired Air Force veteran, had worked as a Non-Appropriated Fund golf course assistant at Brooks since 2002.

He was buried with full military honors at Fort Sam Houston National Cemetery.

"Those of us who knew about his illness are not shocked by his passing. He was living on borrowed time," said friend and coworker Jose Valadez, Brooks golf course manager, referring to the five year period in which his cancer had been in remission.

Mr. Valadez said his friend's will to live was both amazing and inspiring.

"Rudy was a very strong man. He had beaten cancer the first time," said Mr. Valadez about his friend's initial diagnosis in 2001.

At the time, Mr. Gonzales was medically retired from Air Force civil service due to the disease that almost took his life then. He recovered, and several months later asked to work at the one place he loved most, the golf course.

"He was very dependable," said the golf course manager who had used him for a variety of jobs, including golf instructor.

"Rudy was very much a people person. He felt good to teach people golf, especially the kids," Mr. Valadez said.

Last summer, Mr. Gonzales conducted a series of golf lessons for children here that was part of the Air Force Services Agency 'Golf 4 Kids' program. "Everything I teach them is very basic. It includes etiquette, rules and proper stance, grip and alignment. I tell the kids that the pros make mistakes just like we do," Mr. Gonzales said during a July 2005 Discovery interview.

Besides teaching golf, Mr. Gonzales made history on the Brooks links. In September 2003, he joined Brooks golf legend Bob Hager as the first pair of golfers to fire holes-in-one on the base course in the same year. The following year, Mr. Gonzales captained the Services golf team to its second consecutive intramural league championship.

Born in San Antonio on December 19, 1949, Mr. Gonzales grew up in a golfing family that included six other siblings.

"He liked to teach (golf) to young people," said his oldest brother John, who works at the Republic Golf Course, near Brooks.

"He was always trying to help people," recalls his younger brother Walter, while his sister Chris recalled, "He was a happy-go-lucky



**Rudy Gonzales proudly displays the plaque he received after carding a hole-in-one at the Brooks Golf Course. The course worker recently died of colon cancer. Photo by Rudy Purificato**

person who enjoyed organizing golf tournaments."

Mr. Gonzales excelled in baseball, volleyball and golf while attending Sam Houston High School. After graduating from there in 1968, he served for 20 years as an Air Force logistics management specialist who procured aircraft parts.

"He liked working by himself. He was an individualist, but very effective," said his former Brooks boss Jose Aviles.

Mr. Aviles described his friend of 30 years as honest and fair. He said Mr. Gonzales was also very competitive and an extravert.

One of his most memorable qualities, his friends and coworkers observed, was Mr. Gonzales' knack for encouraging others and bolstering their spirits.

"He loved to cook and share the food he made with us," Mr. Valadez said.

# FITNESS & SPORTS



## High gear workout

Tae Bo creator Billy Blanks stretches out with a gym full of students during the opening night of the new fitness center at Langley Air Force Base, Va. Mr. Blanks led the class of more than 500 in his unique mix of dance, aerobic and Tae Kwon Do moves. Photo by Airman Samantha Willner

## Andy Athlete

### Carrie Cardan

Sports association: Fitness instructor  
Unit: 36th Civil Engineer Squadron,  
Anderson Air Force Base, Guam (spouse)  
Playing time: I've never stopped exercising.  
Experience: Certifications include: Aerobics  
Fitness Association of America, The Coopers  
Institute and Johnny G Spin.

Sports introduction: I was first introduced to Jazzercise (choreographed floor routines) in the early '80s; In the early '90s I was a hard-core stepper; During the mid '90s I jumped into kick-boxing; Towards the late '90s I began Spinning; and in the new millennium I found my running shoes.

Enjoys: Walking along the beaches with my husband and our two boonie dogs, scuba-diving and shopping.

Heroes: Tony, my husband, he supports me 100 percent.

Rewards: Helping others, seeing their results and listening to the many success stories.



Carrie Cardan, where she spends a lot of her time, on the exercise bike. Photo by Senior Airman Nestor Cruz

Advice: Exercise, exercise, exercise! Set exercise goals to challenge yourself and have the determination to stay fit.

Routine: I teach spin class at the Coral Reef Fitness and Sports Center. I participate in step classes, kick-boxing, total body conditioning workouts and walking our boonie dogs two to four miles a day.





## Who dunnit? *Murder mystery mystifies Sheppard's fitness centers*

**By Senior Airman Jacque Lickteig**  
Sheppard Air Force Base, Texas, Public Affairs

There was a chilling "murder" at the Sheppard Air Force Base, Texas, fitness centers, and the 82nd Services Division asked gym-goers to help solve the crime.

The Pitsenbarger, Hackney and Levitow Fitness Centers kicked off the Fitness Murder Mystery incen-

tive program, a clash of Clue and a recorded workout program, recently.

Interested sleuths signed up at any fitness center desk. After three recorded workouts at any of the gyms, participants earn one of the 20 clues to the mystery. The maximum is one clue per week.

The person who solves the mystery first and discovers "Whodunnit" will win a prize, but

before guessing, the participant must have all 20 clues.

David Johnson, a fitness specialist with the 82nd SVS, came up with the idea for the program after seeing one similar to it at another fitness center.

"I thought it would be cool to bring it to our facilities," he said. "I felt this would increase people's fitness awareness by giving them extra motivation to workout."



### ***Quarterback, Field Goal Challenge a kick***

First Lt. Eddie Jones, 407th Expeditionary Services Squadron, aims for the target hole during the recent Ali Base, Iraq, Quarterback and Field Goal Challenge. Lieutenant Jones was the second place winner. Photo by Senior Master Sgt. Jessica D'Aurizio

# Langley Spurs take on Blazers

Members of the Langley Spurs faced off against the Fort Monroe Blazers recently. Langley Air Force Base, Va., youth basketball offers advantages over basketball programs offered downtown, including low cost and higher-quality facilities. Photo by Amn. Vernon Young

**By Senior Airman Christian Michael**  
Langley Air Force Base, Va., Public Affairs

Lil' man Saleem pumps the ball, running the court and moving quick, keeping the ball out of reach of taller boys with longer arms. He pump fakes, moves around a taller boy and goes for the lay-up, the sweet swish of victory leaving the bigger man behind.

The Langley Air Force Base, Va., Youth Program runs an eight- to 12-week basketball program where young boys and girls have an opportunity to learn teamwork, coordination, the joy of physical activity and make a lot of friends.

On a recent Tuesday, the Langley Spurs took on the Monroe Blazers. Both teams, boys ages 11-13, were all over the court, displaying a great deal of teamwork, personal skill and strategy. All of these skills are a result of growth and development through the annual basketball program.

"Youth basketball helps give a sense of belonging, sportsmanship, teamwork and knowledge of how to play the game," said Tyrone Griffin, the Youth Sports and Fitness Director. "For older kids, it helps keep them in a safe environment

where we can teach them responsibility in the game and in life."

Youth basketball on base has many advantages over the programs downtown, including lower costs, higher-quality facilities and certified coaches.

On top of the nicer facilities, the parents of the kids are happy their kids can get involved.

"He's not just sitting around, playing video games," said Maj. Angela Gonzalez, whose son, Michael, was playing in the game. "It also helps him with his skills and social interaction."

Michael, a shooting guard for the Spurs, thoroughly enjoys the game.

"I've been playing since I was four," he said. "I love to steal the balls from tall guys and I'll keep playing until I'm old. The game is just fun."

Alison Brown, a financial advisor for Saint Leo at the Education Center and Saleem's mother, places a great value on her son's experience in the basketball program.

"When he first started playing, he couldn't even dribble," she said. "But now, he's become very skilled, despite being so young, and doing very well."



Mrs. Brown also commented on the personal development her son has experienced simply through his participation.

"He's a small boy and has been used to following others," she said. "But now, as his skills have improved, his peers show more respect and his leadership has improved."

Like Michael, Saleem isn't there to learn about leadership. He's there to play the game.

"I love stealing balls, making two-pointers and shooting threes," said the four-foot-eight shooting guard. "Every time I plan on going to play, I just imagine myself taking it to the hole."

# AK-Fit Kids kicks off

**By Airman 1st Class Justin Weave  
Eielson Air Force Base, Alaska, Public  
Affairs**

A new AK-Fit Kids program shoots out of the starting gate recently at the Eielson Air Force Base, Alaska, Youth Center in search of youth center members 5-8 years old to participate.

"AK-Fit Kids is a spin-off of Fit Factor," said Sarah Nolin, 354th Services Squadron youth center sports director. "Fit Factor, an Air Force-wide program for children age nine and older, began because of a lack of exercise and an increase of obesity seen in youth."

AK-Fit Kids was started thanks to Eielson's youth center winning \$1,500 for having the highest percentage of youth Center members enrolled in Fit Factor in Pacific Air Forces.

"The \$1,500 helped jumpstart a program that was already in the works, but lacked the funding to purchase incentive prizes," Mrs. Nolin said. "AK-Fit Kids, an Alaskan-

themed fitness program, targets youth between the ages of 5-8 years old."

AK-Fit Kids will work on a point system almost identical to that of Fit Factor, but will have a couple of differences, she said. The biggest difference is that we will award "Buddy" points to Ak-Fit Kids members who enroll a new member.

AK-Fit Kids will receive extra points for participating in a non-league activity with one of their "buddies." Also, instead of logging points into a Web site, youth will log points in an electronic spreadsheet that calculates total points for them.

Points will be awarded for activities such as walking a pet, house cleaning, shoveling snow and eating healthy. AK-Fit Kids members can win various prizes for each level they attain.

"Being healthy and fit will put youth in touch with their bodies, increase their self-esteem and help them to establish a desire to set personal goals, she added.



**Cheyenne Woolitz and Savannah Smithson use buddy boards to walk together around the youth center gym. The buddy boards help promote teamwork because both individuals have to step at the same time for the boards to work. The youth center offers a climbing wall, ping-pong, basketball, giant bounce toys, skating, Dance Dance Revolution, pogo sticks, crafts and more. Courtesy photo**



## *Just puttin' around*

Luke Air Force Base, Ariz., chief master sergeants and commanders warm up on the putting green at the Falcon Dunes Golf Course before a recent tournament. The course is featuring several upcoming tournaments. Photo by Senior Airman Joseph Thompson



# U.S. men's soccer team pays visit to Landstuhl, Ramstein

By Steve Mraz and Scott Schonauer  
Stars and Stripes European edition

In Kaiserslautern, Germany, for an upcoming game, the U.S. men's national soccer team met with troops at two U.S. military installations.

About half of the roughly 20-man team visited wounded troops at Landstuhl Regional Medical Center, while the rest of the squad signed autographs and posed for photos with dozens of fans at Ramstein Air Base's enlisted club.



Members of the U.S. men's soccer team meet Senior Airman Anthony DiFlorio at Landstuhl Regional Medical Center in Germany. Players visited several wounded troops at the hospital.

More than 350 fans — some of them lining up more than an hour before the team arrived — came to meet and greet players at the base's "E" club. The U.S. team faced Poland the next Wednesday in Kaiserslautern's Fritz-Walter Stadium in what was a warm-up match before this June's World Cup in Germany.

Carol Long and her daughter, Shannon, wore matching uniforms with midfielder Landon Donovan's name and number. Shannon Long plays soccer for both Ramstein American High School and a German squad. The 15-year-old got out of school for part of the day to meet the players.

"This is a once-in-a-lifetime thing," Carol Long said.

Players broke up into two rooms to meet



Landon Donovan, left, and Carlos Bocanegra, of the U.S. men's soccer team, pose with Weston McKennie, 7, at Ramstein Air Base, Germany. The U.S. played Poland in a friendly match at Fritz-Walter Stadium in Kaiserslautern, Germany, the next Wednesday. Photos by Scott Schonauer, Stars and Stripes

fans. The team planned to stay only about an hour but ended up staying longer because of the number of people who showed up to get everything from soccer balls to T-shirts autographed.

Mr. Donovan, considered one of the team's best players at 23 years old, was surprised by how many people said they would come out for the Poland match and the World Cup.

"Everybody that came here said they have tickets and everybody they knew had tickets and they're going to be cheering for us," he said. "Not only that, but when we play here in June, it could be a massive event for us."

The team, which arrived Sunday, is staying at Ramstein Air Base this week. Mr. Donovan said he was surprised at how Americanized the base is.

"We went bowling last night," he said. "You walk inside and you think you're in America."

Continued on next page

## U.S. Men's soccer team players sign autographs

*continued from page 46*

At Landstuhl, team members along with coach Bruce Arena toured the hospital's intensive care unit and several wards housing wounded and sick troops.

Senior Airman Anthony DiFlorio, who was being treated at Landstuhl for heart disease, chatted with several of the soccer players.

"It builds up a lot of morale with me and the other guys," Airman DiFlorio said. "I'm just passing through. Hopefully, I'm going home soon. These other guys, who are in a lot worse shape than me, it's good for them to see some faces.

"Between (the soccer players) coming over and the different commanders coming through each of the wards, it's really cool."



U.S. soccer team members sign autographs at the enlisted club at Ramstein Air Base, Germany.

Team member Chris Klein said the men and women of the military are heroes to the team.

"Every time we step on the field and listen to the national anthem, it gives us a feeling of pride," Klein said. "The only reason it is possible is because of the men and women here who put their lives on the line so we can look at the flag, have pride and understand what it represents."

## Operation Stay Fit ends at Charleston

By Laura Abell  
437<sup>th</sup> Services Marketing

Operation Stay Fit for 2005 at Charleston Air Force Base, S.C., ended on a high note with the second annual Healthy thru the Holidays. Building on this program's success last year, the Charleston Fitness and Sports Center brought back this three-month promotion that emphasized the need to focus and build a "healthy" lifestyle prior to the Holidays. From Oct. 14 until Dec. 31, 2005, more than 2,300 Healthy thru the Holidays survey/participation forms were filled out; a Fit to Fight Day and Fun Run kicked off the program; three 5K Fun Runs with an average of 500 participants per event were held; and the annual Turkey Burner continued as a part of our base's Thanksgiving tradition.

Local sponsorship valued at more than \$4,000 was obtained for this promotion from Trident Health System, Boeing and Just Fresh. Their dollars went to underwrite the cost of this program including promotional items and prizes. Healthy thru the Holidays maintained momentum throughout the three months with regular promotional giveaways to include t-shirts as well as Aquafina and Propel products.

Each week, a name was drawn from the survey forms and awarded \$100 cash – keeping daily program interest high. At the end of the program, many door prizes (from various Services facilities) were awarded to include a Grand Prize (\$860 value) Bahamas cruise for two thru Outdoor Recreation. Senior Airman Tiffani Slaughter (437th LRS) was the Grand Prize winner.

Publicity was extensive for this program. Weekly Services' emails, features in the base paper and posters in high traffic areas were critical. A plasma screen television at the Fitness Center was used to showcase weekly winners via power point and to build excitement towards the final drawing. Slides at Wing Standup and constant coverage on the Services' website added to the total publicity package.

Earlier publicity in August with a "soft" opening by introducing the program at our annual Triathlon and then having the Fun Run/Fit to Fight Day kickoff day was a direct hit. Beginning the event with a 5K Fun Run and Fit to Fight Day was a huge success, getting customer involvement early in the program. The information gleaned from the program surveys will prove to be valuable in anticipating future programming needs.

...To be continued next year!



## Randolph Bowling Center *hits all the right pins*

**By Jennifer Valentin**  
Wingspread staff writer

When was the last time you went bowling? With more than 6,000 visitors walking through the doors each month to set 'em up and knock 'em down, the base bowling center provides affordable entertainment for all ages.

"Bowling is a safe, fun and relaxing smoke-free environment that people of any age and skill level can enjoy," said Bill Baker, bowling center manager. "We have a state-of-the-art 24-lane facility with automatic pinsetters and scorers that can accommodate competitive leagues as well as recreational open bowling."

Leagues are a big part of the bowling center and are offered seven days a week, Mr. Baker said. Currently there are about 13 different leagues with about 900 bowlers.

Recreational bowling is offered at various times throughout the week.

Thunder Alley is a popular open bowling event at the center, held Saturdays from 8 p.m. to midnight.

"Thunder Alley is a cosmic laser light show featuring music from more than 160 radio stations," Mr. Baker said. "It gives the customers something new and different to experience while they bowl."

The bowling center is also available for children's parties, office outings and fundraisers, Mr. Baker said.

"It's a great way to celebrate a special occasion," he said. "We can even set up lane 'bumpers' so the children won't get any gutter balls."

For those who get the munchies while they bowl, or who want to try something different for lunch on base, the bowling center also offers a grill and snack area for its customers, Mr. Baker said.

"The snack area offers drinks, breakfast and lunch items, combo specials and much more that can be made to order," he said. "It's open the same hours as the bowling center, making it convenient for the patrons."

In addition to the lanes and snack area, the bowling center also houses a full service pro shop with

major brand name items. Ball drilling service, lockers, and shoe rental are also available.

D.J. Goss of the Air Force Personnel Center said he visits the bowling center as many as seven times a week. He belongs to two leagues and bowls several other times during the week for practice or as a substitute in another league.

"The bowling center is otherwise known as my home away from home," he said. "I work here at Randolph, so it allows me the opportunity to go during lunch and work on my skills. Not only is it convenient, but it's certainly cheaper than bowling off-base."

The Randolph Bowling Center is open Monday through Thursday from 9 a.m. to 9 p.m., Friday and Saturday from 9 a.m. to midnight, and Sunday and holidays from 1-9 p.m.



**Walt Banks, pro shop manager at the Randolph Air Force Base, Texas, Bowling Center, prepares to drill holes in a bowling ball. Photo by Steve White**



# Sheppard Airmen have the *FITS*

**By Airman Jacob Corbin**  
Sheppard Air Force Base,  
Texas, Public Affairs

After leaving basic military training, the physical fitness standards that Airmen are required to comply with do not get easier. Airmen-in-training at Sheppard Air Force Base, Texas, are required to meet rigorous physical readiness training standards while at technical school. In an effort to help them keep up with those standards, the Mission 82nd Services Division offers the FITS program.

FITS stands for fitness incentive training for

students. The program is not just another form of PRT for the students though. It's also designed to raise their moral and to get them out and have fun.

Former 82nd Training Wing commander Arthur Rooney thought of the FITS program and it started in May 2003, said Tim Kahn a recreation aide with the 82nd SVS. Since then, the program has been named outstanding program during the last operational readiness inspection, Mr. Kahn said.

The events are chosen by the student's military

training leaders at a FITS council meeting held the first Tuesday of every month. The MTLs chose the events for the month from suggestions provided by the Airmen. These events can include any sport from basketball or softball, to such sports as dodgeball and kickball, Mr. Kahn said.

Not only do the Airmen stay in shape, but they also have the opportunity to win several prizes at the events, including \$100. Also, the squadron with the most participation in a given month wins a \$300 Army and Air Force Exchange Service gift card

to be spent on the Airmen.

The FITS program allows Airmen-in-training at Sheppard to keep fit while having fun, but unlike regular PRT, it is not mandatory.

"It's optional, if they want to [participate in FITS] they can. If we push them into it, they won't want to do it," said Kelly Lemke, a military training leader with the 365th Training Squadron.

FITS is held at 10 a.m. on Saturdays at the Hackney Fitness Center and is available to all Airmen-in-training here at Sheppard.

## **McConnell runners take off for AFAF**

Runners start off in a blur at a recent fund-raising 5K fun run at the McConnell Air Force Base, Kans., fitness center outdoor track. More than \$1,500 was raised for the Air Force Assistance Fund. Photo by Tech. Sgt. Michael Boquette



# AF wins gold at 2006 Armed Forces Women's Soccer championship

**By Staff Sgt. Ty Reyes**  
Air Force Services Agency, Air Force Sports

The Air Force won the 2006 Armed Forces Women's Soccer Championship in a competitive double round-robin championship, hosted by Naval Station Mayport, Fla., recently.

The first game pitted the Air Force against the Army. The Army came out aggressively against the defending champs.

In the second half, 2nd Lt. Marci Freund (Corpus Christi Naval Air Station, Texas) passed the ball toward the middle of the field to 1st Lt. Wendy Emminger (Travis Air Force Base, Calif.), who took a great shot over the goalkeeper and just under the goal crossbar to put the Air Force up 1-0.

The two Air Force coaches, Staff Sgts. Jeremy Selph (USAF Academy, Colo.) and Michiel Perrault (Dover AFB, Del.) said they did that play just like we have been practicing it, "Perfect."

The Army continued to pressure, but could not finish due to the Air Force's defense by 1st Lts. Nicole Burnside and Christine Miller (Hurlburt Field, Fla.), along with Senior Airman Lucero Stockett (Travis AFB, Calif.). The final score was Air Force 1-0 over the Army.

In game two the Air Force played the Navy, who took a terrible loss 0-9 the day before against the Army. Both teams started out slow but after about 25 minutes into the game 2nd Lt. Elaine Taterek (Patrick AFB, Fla.) scored the first goal and 10 minutes later 1st Lt. Amy Zwi-

(Pope AFB, N.C.) scored the second and final goal of the half, the Air Force had three goals in a 20-minute period, scored by 1st Lts. Elizabeth Welliver (Yakota AB, Japan), Emminger, and Zwi-

The final score was 5-0. Game three AF vs. Army was the biggest game of the tournament. Both teams realized that the Air Force would secure the gold with a win or a tie.

The Army had a few great shots on goal but 2nd Lt. Jennifer Wolf (Corpus Christi NAS) was not letting anything by her. The Air Force had some great opportunities as well, but the Army keeper was also on every shot. This was by far the best game of the tournament and ended in a tie, 0-0.

In the final game against the Navy all the Air Force wanted was to finish strong with a win. At game time it was raining hard. The weather did not faze the Air Force.

The first goal was from a corner kick, headed in by 1st Lt. Amber Reynolds (Ramstein AB, Germany). Just before the halftime whistle

Senior Airman Lucero Stockett (Travis AFB) hit a deep shot, about 40 feet out from the goal, putting the Air Force up at half 2-0. In the second half the Air Force scored two goals in the final minutes, by Lieutenants Zwi-

ending the game with 4-0 win, and a record of 3-0-1. The following were selected to the All-Tournament team: Lieutenants Wolf, Miller, Burnside, Welliver, Emminger, and 2nd Lt. Elaine Taterek (Patrick AFB).

The All-Tournament Team ladies, with the exception of Lieutenant Wolf (duty commitment), were also selected to the combined Armed Forces Women's Soccer Team that will advance to play in the Conseil International du Sport Militaire international military soccer championship, Zoutkamp, Netherlands along with Lieutenants Reynolds, Freund, and 2nd Lt. Leigh-Anne Fitzgerald (Lackland AFB, Texas), and Head Coach Jeremy Selph.



**2nd Lt. Jennifer Wolf from Corpus Christi Naval Air Station, Texas**



**1st Lt. Nicole Burnside from Hurlburt Field, Fla.**



**By Allison McQueen**  
**60<sup>th</sup> Services Marketing**

The Travis Air Force Base, Calif., community asked for it and Travis Services delivered, Outdoor Recreation's newest addition, Xtreme Paintball opened to a bevy of paintball enthusiasts recently.

The Xtreme Paintball course offers squadrons and other groups an opportunity to play against each other, or just hone their paintball skills on the speed course or range in an urban environment.

"A large portion of the Travis community has expressed an interest in developing a paintball course on base for several years. Environmental concerns limited the locations, but we've now found the ideal location in the former base housing area," said Brian Floyd, deputy commander, 60<sup>th</sup> Services Squadron.

Travis members get to experience first-hand the fun and excitement of hiding, crawling and running around while splattering opponents with paintballs.

"Beginners and experts alike will find challenges and Xtreme fun on this innovative and highly anticipated course," said Mr. Floyd, "Although many activities at Outdoor Recreation are guide-dependant,

the staff at Outdoor Recreation felt that an activity like paintball would give participants an opportunity to execute team work, build camaraderie, and splatter friends and co-workers with paint. Paintball is a safe activity compared to many other sports. Although team opponents are shooting balls of paint, there is no physical contact."

Whether it's a game of capture the flag or Speedball, a game in which one team tried to take out all the members of the opposing team, paintball is played on a field where teams work together to win.

For a \$20 rental fee, participants receive 100 paintballs, a carbon

dioxide canister filled with air, a semi-auto marker [aka paintball gun], and a goggle and mask set. Individuals who have their own equipment can enter the field of play for \$5.

Individuals who bring their own paintball markers must have them surveyed by paintball staff before entering the field. Staff will test markers by using a sensor that measures the feet per second of the projectile.

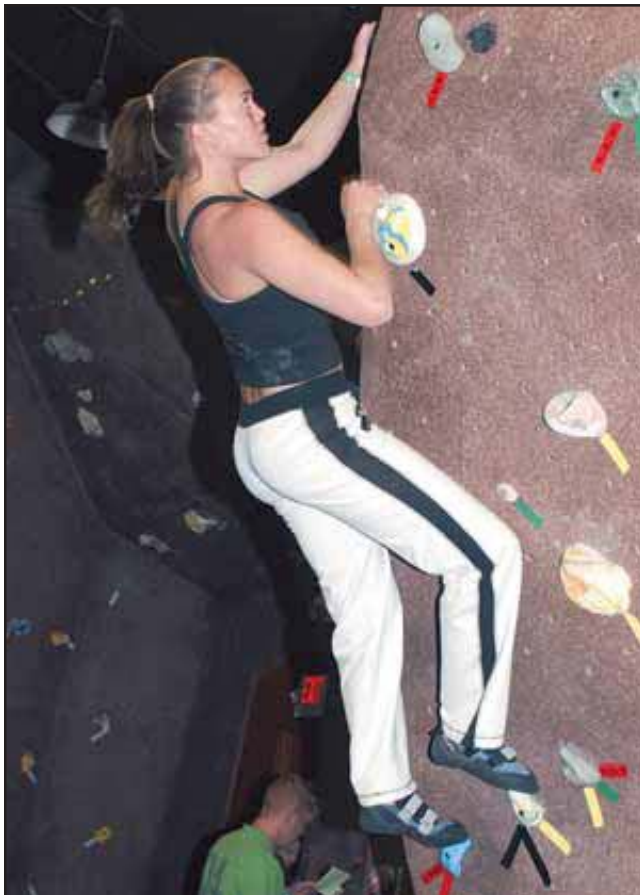
If the markers exceed the standard, they can either adjust their paintball markers or rent on site.





### ***'Fists of Fury' fly at D-M fitness center***

From left, James Baughman, David Sgro and Ginnie Pajak practice Dang Soo Do sparring drills at the Davis-Monthan Air Force Base, Ariz., Fitness and Sports Center in preparation for a tournament. The three were guests of Soon Pumarejo, the fitness center's Dang Soo Do instructor. Ms. Pumarejo teaches the self-defense class nine times a week.  
Photo by Chris Sweeney



Amanda Kemmerlin begins to climb a route at the climbing competition recently at the Kirtland Air Force Base, N.M., outdoor recreation indoor climbing gym. Ms. Kammerlin won second place in the Women's Advanced category. Photo by Dennis Carlson

### ***Kirtland goes a-bouldering***

By Tech. Sgt. Phillip Heide  
Kirtland Air Force Base, N.M., Public Affairs

A bouldering competition was held recently at the new outdoor recreation indoor climbing gym at Kirtland Air Force Base, N.M. Climbers competed in separate divisions and were awarded points for each climb that they successfully completed in the two-hour time allotment.

All winners in each category received trophies and all participants received door prizes donated by various companies and organizations.

The following were winners in each division:

Mens Advanced:

First Place – Matt Trexler

Mens Beginner:

First Place (tie) – Michael Hazen

Derek Law

Womens Advanced:

First Place – Carolyn Hazen

Second Place – Amanda Kemmerlin

Womens Beginner:

First Place – Caroline Osteen

Teen Division:

First Place – Brandon "Dino" Heide

Under 12 Division:

First Place – Cole Palmer

Second Place (tie) – Layne Miller

Lincoln Miller

# Triathlon keeps Schriever Airmen on target, physically

**Staff Sgt. Olenda Pena-Perez**  
Schriever Air Force Base, Colo., Public Affairs

Some people might think there's no way they could participate in a triathlon, but more than 90 people at Schriever Air Force Base, Colo., are doing their best to show they have what it takes.

While the distance to complete is the same as a regular triathlon, the time people here have is a little longer, making this a Lazyman Triathlon.

"The Lazyman Triathlon is basically an Iron Triathlon the only difference is you have the entire month to finish it," said Seth Cannello, 50th Services Squadron. "I thought giving exercisers a goal this month would be incentive for them to continue through the end of the month."

After continuously working out for four weeks straight, Mr. Cannello said, people will be hooked on exercising.

For some participants like Lance Thibault, Air Force Space Command Operating Location — Mike crew chief, it's not only a chance to exercise but also a chance to work on things he doesn't usually do.

"It gets me out running," he said. "Most of my cardio time is spent on the bike, so unless I have a reason to get out and run for an extended period, I don't."

The distance to cover for a Triathlon is a two-mile swim, 26.2-mile run and a 112-mile bike ride. Mr. Thibault, who has completed

13.5 miles running, 97 miles on the bike and one mile swimming, said it's not harder than he thought it would be, but it is a little more time consuming than he expected.

"I pretty much knew my paces on the bike and run, so I knew about how long it was going to take," he said. "I did over estimate how much I would get done on the week-ends though, so I'm a little behind where I thought I'd be."

Finding the time is also the only hard part for Mitchell McDonald, 4th Space Operations Squadron.

"It's a little easier than I thought it would be, it's just finding the time to complete the swimming," Mr. McDonald said. "And it's fun and something different to do, instead of running all the time."

He has completed 10.6 miles of the run, 95 miles on the bike and half a mile of swimming.

Since beginning the Lazyman Triathlon, Mr. Thibault said the workout changes enough to keep things interesting and he would like



**Seth Cannello, 50th Services Division, finishes up his 18<sup>th</sup> mile of the 26.2 required to complete the running portion of the Lazyman Triathlon. Participants have until the end of the month to complete the triathlon. Photo by Staff Sgt. Olenda Pena-Perez**

to challenge himself to do it every month and he's also gained an appreciation for people who can compete in a triathlon and complete it in half a day, especially amateurs.

"It's one thing to go out and train hard everyday if that's how you make you're living, but when you throw in a full time job that doesn't include running, biking or swimming and then maybe add some kids to the mix and then on top of that you have to pay your own way with no sponsorship to get into these types of events, that takes some real dedication from yourself and your family."

### ***'Runners, take your positions!'***

Quality of life on RAF Croughton got a boost recently when construction began on a \$340,000 rubberized track. Construction will also include new edging. Photo by Tech. Sgt. Robert Ashley



## ***New Yokota bowling center opens doors***

**By Senior Airman Katie Thomas**  
Yokota Air Base, Japan, Public Affairs

The new bowling center at Yokota Air Base, Japan, is now open after four years of planning and renovations.

During the grand opening, there were numerous drawings for prizes including bowling balls, bowling shoes, t-shirts and cash. Also, the base's chief master sergeants faced off against the colonels during a "Chiefs vs. Eagles" bowling tournament.

The \$5.7-million center is an upgrade from the base's previous facility located near the Yokota

Community Center, said Jeff Hamilton, bowling center manager and 25-year bowling veteran.

"When I first arrived at Yokota, my sponsor was taking me around base and said that first we would go to lunch at the bowling center then make a quick stop by the Army and Air Force Exchange Services warehouse," he said. "When we parked, I thought we must have stopped at the warehouse first, but

my sponsor told me, 'No, this is the bowling center.'"

Mr. Hamilton worked with a team of about 15 civilians and Airmen from the 374th Civil Engineer Squadron for about three years to design the new facility.

The final design and funds request were sent to and approved by Congress.

The facility has a state-of-the-art computer scoring system, and new sound and lighting system.

Patrons also have their choice of 300 new house bowling balls and 300 new rental shoes when they play.

The center's pro shop has a variety of items and services, including a clear window between patrons and the bowling ball drilling equipment so they can watch as pro shop employees work on their bowling ball.

A children's play area located near the lanes helps parents keep an eye on their children while they bowl. Near the play area is an arcade with about 20 different games.

The facility also boasts a large room with a moving divider wall that can be used for small commander calls or birthday parties.

Mr. Hamilton said there are numerous other small upgrades patrons will discover as they use the facility, including a league secretary computer at the main desk. Other amenities include smoking and non-smoking bar and lounge areas with slot machines, television and billiards positioned beside each other with a wall dividing the areas.

"We want this to be a home away from home," said Mr. Hamilton. "When we designed this facility, we wanted that hometown feel to it, so it is retro-themed to the 1960s, 1970s and 1980s. The only military reminder is the lane murals that were specially designed with images of a C-130, C-21 and UH-1 to recognize our mission and why we are here."

The facility is open Fridays and Saturdays from 11 a.m. to 11 p.m., and Mondays through Thursdays from 11 a.m. to 10 p.m.



# Stationary bikes move in 2-hour spinathon

**By Senior Airman Christopher Frost**  
Kirtland Air Force Base, N.M.,  
Public Affairs

It was noticeably more humid inside the mirror filled room than the typically dry New Mexico air when the participants mounted their silver bikes. The quick and steady beats of dance music filled the space as they began to pedal faster and faster – yet, they went nowhere.

The East Fitness Center at Kirtland Air Force Base, N.M., held a spinathon on a recent Tuesday evening for individuals dedicated to riding a bike as long as possible without actually going any place fast.

Spinning is a cardio workout where stationary bikes are used at different resistance levels at different times. In order to coordinate all of this, an instructor or two is used. De Shane Casillas, fitness manager at the fitness center, and Keri Jenkins, lead instructor for the fitness center, were just the people for the job. When all of these things mix, one heck of a workout occurs.

"I'm a little nervous," said Kathleen Kearny, Air Force Research Laboratory, Directed Energy, and first time spinner. "Hopefully I can keep up for the full two hours."

Tuesday night's spinathon, a two-hour spinning workout, was no exception. After a brief warm-up period, Ms. Casillas immediately went to work giving everyone their money's worth for their workout. Despite her bubbly, friendly personality, she showed that she meant business when she announced to the group that since they started 10 minutes late, they would finish 10 minutes late.

During the first song of the workout, Ms. Casillas ordered resistance to be turned up and for the spinners to begin alternating between the sitting and standing positions on the bike.

Up and down they went, repeating the pattern until a little more than half of the class was still willing to perform the exhausting exercise.

But this was not the end of it. In fact, less than 20 minutes had elapsed since the two-hour spinathon kicked off.

"The instructors were just awesome," said Richard Davies, the chief of plans and programs of the information technology department of the Air Force Test and Evaluation Center. "They take you to just the point you need to be for a good workout."

Ms. Casillas also thought that the event went well.

"I think the ride was awesome," she said. "I think everyone that came put forth their full effort."

Approximately 26 people participated in this spinathon, said Ms. Casillas. Some participated for the full two hour spinathon, while others chose to participate for less.

She also noted that some individuals who only signed up for one hour stayed for the entire spinathon.

Throughout the evening, participants were given the opportunity to win prizes through raffle drawings and play Ms. Casillas' "games." Although her games seemed to consist of people getting tired through standing and sprinting on the bikes, Ms. Casillas insisted that there were winners.

"Everybody wins in the games," she said. "It pushes people to get up and go faster."



**Kathleen Kearny of the Air Force Research Laboratories, Directed Energy Directorate, begins her two-hour journey on the stationary bike. Despite admitting to being nervous in the beginning, Ms. Kearny pushed through the entire spinathon to finish. Photo by Dennis Carlson**

With all this said, it seems as though spinning is an effective workout. Mr. Davies said that he uses spinning as a way to practice for the real bikes – that move.

Even people who aren't professional bikers can reap the benefits of spinning, said Ms. Jenkins.

"It's a good workout," she said. "It's up to the individuals about how hard they push themselves and it's a great cardio workout."

## Snapped around Services photo back page



### Posing for gold

Staff Sgt. Cindy Beard, fitness specialist course instructor, Air Force Services Academy at Lackland Air Force Base, Texas, recently competed in the West Texas Bodybuilding show held at Texas Tech University, Lubbock, Texas. Competing with nearly 100 contestants, Sergeant Beard won first place in the lightweight class and first place overall for the female bodybuilder category. Courtesy photo

### Bowling with grace

Brittaney Thomas, 13, took top honors in the Air Force youth Bowl by Mail program, winning first place for high game and third place for high series. The following F.E. Warren Air Force Base, Wyo., participants, ages 5 to 18, competed at the Air Force Space Command level against 193 participants from five bases: Jeremiah Gill, Kayla Rognoni, Lonnie Bottcher, Rebekah Bylow, Dustin Linde, Kyle Kinnick, Kekai Punahale, Samantha Chadwick, Cameron Maloney, Katie Howard, Bryan DeVore, Blake Soule, Brittaney Thomas, Cory Barge, Jason Rognoni, Lauren Crocker, Kristen Hereford, Kayla Bates and Sabrina Sawicki. F.E. Warren Air Force Base, Wyo., youth bowlers won 70 percent of the awards at the event. Photo by Jack Colvin



### Dodge, dip, duck, dive and dodge

Members of the 401st AEW at Aviano Air Base, Italy, conduct a dual physical training and stress relief session while utilizing the five Ds of dodgeball during weekly group PT. Left photo, Tech. Sgt. Dan Barnes grimaces as he heaves the ball. Right photo, Tech. Sgt. Jessie Hardin and Master Sgt. Rob Christeson pull a two-pronged attack move. Courtesy photo

